



# EXAMEN SHODAN

## TACHIWAZA

AIHANMI KATATEDORI IKKYO- NIKKYO-IRIMINAGE-KOSHINAGE

SHOMENUCHI IKKYO-NIKKYO-KOTEGAESHI-SHIHONAGE

CHUDANTSUKI IKKYO-NIKKYO-IRIMINAGE-KOTEGAESHI-KOKYUNAGE

KATADORI IKKYO-KOSHINAGE

RYOTEDORI IKKYO-TENCHINAGE-KOSHINAGE

KATATEDORI IKKYO-NIKKYO-SHIHONAGE-TENCHINAGE-IRIMINAGE-TAINOHENKO-KOKYUNAGE

MOROTEDORI IKKYO-KOTEGAESHI-KOKYU HO-SHIHONAGE-KOKYUNAGE

## USHIROWAZA

RYOTEDORI IKKYO-KOTEGAESHI-IRIMINAGE-KOKYUNAGE

RYOKATADORI IKKYO-IRIMINAGE

## SUWARIWAZA

SHOMENUCHI IKKYO-NIKKYO-IRIMINAGE

KATADORI IKKYO

RYOTEDORI KOKYU HO

YOKOMENUCHI IKKYO-NIKKYO-SANKYO-YONKYO-GOKYO

## HADMIHANDACHI

KATATEDORI IKKYO- NIKKYO-SHIHONAGE

## TANTODORI

FUTARIDORI 2 UKES