

11^e kyu (gele band)

Tai sabaki (solo)

Tachi waza	Hidari hanmi gamae Migi hanmi gamae
	Tai sabaki irimi Tai sabaki tankan

Shikko (solo)

Suwari waza	Mae Ushiro Yoko
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Ukemi (solo)

Tachi waza Suwari waza	Mae kaiten Ushiro kaiten
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Waza (tegen één aanvaller)

Tachi waza	katate dori ai hanmi	Ikkyo omote
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