

Nage No Kata

- 1 Deashi Harai – Advanced foot sweep
- 2 Sasae Ashi – Stopping leg
- 3 Okuri Harai – Sending sweep
- 4 Soto Gama – Outside sickle
- 5 Uchi Gama – Inside sickle
- 6 Soto Momo Harai – Outer thigh sweep
- 7 Uchi Momo Harai – Inner thigh sweep
- 8 O Goshi – Major hip
- 9 Utsuri Goshi – Changing hip
- 10 Seoi Nage – Back carry throw
- 11 Ushiro Goshi – Rear hip
- 12 Seoi Goshi – Back carry hip
- 13 Tsurikomi Goshi – Lifting together with hip
- 14 Harai Goshi – Sweeping hip
- 15 Hane Goshi – Springing hip
- 16 Uki Otoshi – Floating drop
- 17 Makikomi – Roll together
- 18 Kane Sute – Crab sacrifice
- 19 Tomoe Nage – Comma throw
- 20 Yama Arashi – Mountain storm