

## Esami di grado Dan

<b>Suwari waza</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Katate dori</b>			Ikkyo	Ikkyo
<b>Katate dori</b>			Nikyo	Nikyo
<b>Katate dori</b>			Sankyo	Sankyo
<b>Katate dori</b>			Yonkyo	Yonkyo
<b>Katate dori</b>			Kotegaeshi	Kotegaeshi
<b>Katate dori</b>			Iriminage	Iriminage
<b>Kata Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Kata Dori</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Kata Dori</b>		Sankyo	Sankyo	Sankyo
<b>Kata Dori</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Kata Dori</b>		Iriminage	Iriminage	Iriminage
<b>Kata Dori Menuchi</b>			Ikkyo	Ikkyo
<b>Kata Dori Menuchi</b>			Kotegaeshi	Kotegaeshi
<b>Kata Dori Menuchi</b>			Iriminage	Iriminage
<b>Kata Dori Menuchi</b>			Kokyu Nage	Kokyu Nage
<b>Ryote Dori</b>		Ikkyo	Ikkyo	Ikkyo
<b>Ryote Dori</b>		Nikyo	Nikyo	Nikyo
<b>Ryote Dori</b>		Sankyo	Sankyo	Sankyo
<b>Ryote Dori</b>			Yonkyo	Yonkyo
<b>Ryo Kata Dori</b>			Ikkyo	Ikkyo
<b>Ryo Kata Dori</b>			Nikyo	Nikyo
<b>Ryo Kata Dori</b>			Sankyo	Sankyo
<b>Ryo Kata Dori</b>			Yonkyo	Yonkyo
<b>Shomen Uchi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Shomen Uchi</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Shomen Uchi</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Shomen Uchi</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Shomen Uchi</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Shomen Uchi</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Shomen Uchi</b>			Soto K. Nage	Soto K. Nage
<b>Yokomen Uchi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Yokomen Uchi</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Yokomen Uchi</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Yokomen Uchi</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Yokomen Uchi</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Yokomen Uchi</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Yokomen Uchi</b>			Kokyu Nage	Kokyu Nage
<b>Jodan Tsuki</b>			Ikkyo	Ikkyo
<b>Jodan Tsuki</b>			Nikyo	Nikyo
<b>Jodan Tsuki</b>			Sankyo	Sankyo
<b>Jodan Tsuki</b>			Yonkyo	Yonkyo
<b>Jodan Tsuki</b>			Kotegaeshi	Kotegaeshi
<b>Jodan Tsuki</b>			Iriminage	Iriminage
<b>Jodan Tsuki</b>			Soto K. Nage	Soto K. Nage

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<b>Hanmi Handachi W.</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Katate dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Katate dori</b>		Nikyo	Nikyo	Nikyo
<b>Katate dori</b>		Sankyo	Sankyo	Sankyo
<b>Katate dori</b>		Yonkyo	Yonkyo	Yonkyo
<b>Katate dori</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Katate dori</b>		Iriminage	Iriminage	Iriminage
<b>Katate dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Katate dori</b>	Kaiten nage	Kaiten nage	Kaiten nage	Kaiten nage
<b>Katate dori</b>		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
<b>Katate dori</b>	Kokyu nage	Kokyu nage	Kokyu nage	Kokyu nage
<b>Ryote Dori</b>		Ikkyo	Ikkyo	Ikkyo
<b>Ryote Dori</b>		Nikyo	Nikyo	Nikyo
<b>Ryote Dori</b>		Sankyo		
<b>Ryote Dori</b>		Yonkyo		
<b>Ryote Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Shomen Uchi</b>		Ikkyo	Ikkyo	Ikkyo
<b>Shomen Uchi</b>			Nikyo	Nikyo
<b>Shomen Uchi</b>			Sankyo	Sankyo
<b>Shomen Uchi</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Shomen Uchi</b>		Iriminage	Iriminage	Iriminage
<b>Yokomen Uchi</b>			Kotegaeshi	Kotegaeshi
<b>Yokomen Uchi</b>			Iriminage	Iriminage
<b>Yokomen Uchi</b>			Shihonage	Shihonage
<b>Yokomen Uchi</b>			Kokyu Nage	Kokyu Nage
<b>Ushiro Kata Dori</b>			Ikkyo	Ikkyo
<b>Ushiro Kata Dori</b>			Sankyo	Sankyo
<b>Ushiro Kata Dori</b>			Kokyu Nage	Kokyu Nage
<b>Tachi Waza</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Ai Hanmi Katate Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Ai Hanmi Katate Dori</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Ai Hanmi Katate Dori</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Ai Hanmi Katate Dori</b>			Yonkyo	Yonkyo
<b>Ai Hanmi Katate Dori</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Ai Hanmi Katate Dori</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Ai Hanmi Katate Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Ai Hanmi Katate Dori</b>	Udekimenage	Udekimenage	Udekimenage	Udekimenage
<b>Ai Hanmi Katate Dori</b>	Koshinage	Koshinage	Koshinage	Koshinage
<b>Ai Hanmi Katate Dori</b>		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
<b>Katate Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Katate Dori</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Katate Dori</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Katate Dori</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Katate Dori</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Katate Dori</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Katate Dori</b>	Naname K.N.	Naname K.N.	Naname K.N.	Naname K.N.
<b>Katate Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Katate Dori</b>	Udekimenage	Udekimenage	Udekimenage	Udekimenage
<b>Katate Dori</b>		Tenchinage	Tenchinage	Tenchinage
<b>Katate Dori</b>		Kaiten nage	Kaiten nage	Kaiten nage
<b>Katate Dori</b>		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
<b>Katate Dori</b>		Ude Garami	Ude Garami	Ude Garami
<b>Katate Dori</b>	Koshinage	Koshinage	Koshinage	Koshinage
<b>Katate Dori</b>	Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage

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<b>Ryote Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Ryote Dori</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Ryote Dori</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Ryote Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Ryote Dori</b>	Udekimenage	Udekimenage	Udekimenage	Udekimenage
<b>Ryote Dori</b>	Tenchinage	Tenchinage	Tenchinage	Tenchinage
<b>Ryote Dori</b>	Koshinage	Koshinage	Koshinage	Koshinage
<b>Ryote Dori</b>	Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Ryote Dori</b>		Naname K.N.	Naname K.N.	Naname K.N.
<b>Kata Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Kata Dori</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Kata Dori</b>			Sankyo	Sankyo
<b>Kata Dori</b>			Yonkyo	Yonkyo
<b>Kata Dori</b>			Naname K.N.	Naname K.N.
<b>Kata Dori</b>			Ude Garami	Ude Garami
<b>Kata Dori Menuchi</b>		Ikkyo	Ikkyo	Ikkyo
<b>Kata Dori Menuchi</b>		Shihonage	Shihonage	Shihonage
<b>Kata Dori Menuchi</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Kata Dori Menuchi</b>		Iriminage	Iriminage	Iriminage
<b>Kata Dori Menuchi</b>		Kokyu nage	Kokyu nage	Kokyu nage
<b>Katate Ryote dori</b>		Ikkyo	Ikkyo	Ikkyo
<b>Katate Ryote dori</b>		Nikyo	Nikyo	Nikyo
<b>Katate Ryote dori</b>			Kotegaeshi	Kotegaeshi
<b>Katate Ryote dori</b>			Iriminage	Iriminage
<b>Katate Ryote dori</b>			Juji Garami	Juji Garami
<b>Katate Ryote dori</b>		Udekimenage	Udekimenage	Udekimenage
<b>Katate Ryote dori</b>		Naname K. N.	Naname K. N.	Naname K. N.
<b>Katate Ryote dori</b>			Koshinage	Koshinage
<b>Katate Ryote dori</b>		Kokyu nage	Kokyu nage	Kokyu nage
<b>Muna Dori</b>			Ikkyo	Ikkyo
<b>Muna Dori</b>			Nikyo	Nikyo
<b>Muna Dori</b>			Uchi K. Sankyo	Uchi K. Sankyo
<b>Muna Dori</b>			Naname K.N.	Naname K.N.
<b>Muna Dori</b>			Shihonage	Shihonage
<b>Shomen Uchi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Shomen Uchi</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Shomen Uchi</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Shomen Uchi</b>	Uchi K. Sankyo	Uchi K. Sankyo	Uchi K. Sankyo	Uchi K. Sankyo
<b>Shomen Uchi</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Shomen Uchi</b>	Gokyo	Gokyo	Gokyo	Gokyo
<b>Shomen Uchi</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Shomen Uchi</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Shomen Uchi</b>		Shihonage	Shihonage	Shihonage
<b>Shomen Uchi</b>		Udekimenage	Udekimenage	Udekimenage
<b>Shomen Uchi</b>		Soto Kaiten N.	Soto Kaiten N.	Soto Kaiten N.
<b>Shomen Uchi</b>		Ude Garami	Ude Garami	Ude Garami
<b>Shomen Uchi</b>		Koshinage	Koshinage	Koshinage
<b>Shomen Uchi</b>	Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Shomen Uchi</b>			Sumi Otoshi	Sumi Otoshi
<b>Yokomen Uchi</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Yokomen Uchi</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Yokomen Uchi</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Yokomen Uchi</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Yokomen Uchi</b>	Gokyo	Gokyo	Gokyo	Gokyo
<b>Yokomen Uchi</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Yokomen Uchi</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Yokomen Uchi</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Yokomen Uchi</b>		Koshinage	Koshinage	Koshinage
<b>Yokomen Uchi</b>	Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage

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<b>Chudan Tsuki</b>		Ikkyo	Ikkyo	Ikkyo
<b>Chudan Tsuki</b>		Uchi K. Sankyo	Uchi K. Sankyo	Uchi K. Sankyo
<b>Chudan Tsuki</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Chudan Tsuki</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Chudan Tsuki</b>	Kaiten Nage	Soto Kaiten N.	Soto Kaiten N.	Soto Kaiten N.
<b>Chudan Tsuki</b>			Udekimenage	Udekimenage
<b>Chudan Tsuki</b>		Hiji Kime Osae	Hiji Kime Osae	Hiji Kime Osae
<b>Chudan Tsuki</b>		Sumi Otoshi	Sumi Otoshi	Sumi Otoshi
<b>Chudan Tsuki</b>		Koshinage	Koshinage	Koshinage
<b>Chudan Tsuki</b>		Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Jodan Tsuki</b>		Ikkyo	Ikkyo	Ikkyo
<b>Jodan Tsuki</b>		Nikyo	Nikyo	Nikyo
<b>Jodan Tsuki</b>		Sankyo	Sankyo	Sankyo
<b>Jodan Tsuki</b>		Yonkyo		
<b>Jodan Tsuki</b>		Kotegaeshi		
<b>Jodan Tsuki</b>		Iriminage		
<b>Jodan Tsuki</b>		Shihonage		
<b>Jodan Tsuki</b>		Udekimenage		
<b>Jodan Tsuki</b>		Soto Kaiten N.		
<b>Jodan Tsuki</b>		Ude Garami		
<b>Jodan Tsuki</b>		Kokyunage		
<b>Jodan Tsuki</b>			Hiji Kime Osae	Hiji Kime Osae
<b>Jodan Tsuki</b>			Koshinage	Koshinage
<b>Ushiro Waza</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Ushiro Ryote Dori</b>	Ikkyo	Ikkyo	Ikkyo	Ikkyo
<b>Ushiro Ryote Dori</b>	Nikyo	Nikyo	Nikyo	Nikyo
<b>Ushiro Ryote Dori</b>	Hiji Kime Osae	Hiji Kime Osae	Hiji Kime Osae	Hiji Kime Osae
<b>Ushiro Ryote Dori</b>	Sankyo	Sankyo	Sankyo	Sankyo
<b>Ushiro Ryote Dori</b>	Yonkyo	Yonkyo	Yonkyo	Yonkyo
<b>Ushiro Ryote Dori</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Ushiro Ryote Dori</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Ushiro Ryote Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Ushiro Ryote Dori</b>	Naname K.N.	Naname K.N.	Naname K.N.	Naname K.N.
<b>Ushiro Ryote Dori</b>		Koshinage	Koshinage	Koshinage
<b>Ushiro Ryote Dori</b>		Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Ushiro Ryote Dori</b>			Juji Garami	Juji Garami
<b>Ushiro Ryo Kata dori</b>		Ikkyo	Ikkyo	Ikkyo
<b>Ushiro Ryo Kata dori</b>		Nikyo	Nikyo	Nikyo
<b>Ushiro Ryo Kata dori</b>		Hijikimeosae	Hijikimeosae	Hijikimeosae
<b>Ushiro Ryo Kata dori</b>		Sankyo	Sankyo	Sankyo
<b>Ushiro Ryo Kata dori</b>		Yonkyo	Yonkyo	Yonkyo
<b>Ushiro Ryo Kata dori</b>		Naname K. N.	Naname K. N.	Naname K. N.
<b>Ushiro Ryo Kata dori</b>		Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Ushiro Ryo Kata dori</b>		Aiki Otoshi	Aiki Otoshi	Aiki Otoshi
<b>Ushiro Ryo Kata dori</b>			Juji Garami	Juji Garami
<b>Ushiro katate dori Kubishime</b>			Ikkyo	Ikkyo
<b>Ushiro katate dori Kubishime</b>			Nikyo	Nikyo
<b>Ushiro katate dori Kubishime</b>			Sankyo	Sankyo
<b>Ushiro katate dori Kubishime</b>			Kotegaeshi	Kotegaeshi
<b>Ushiro katate dori Kubishime</b>			Shihonage	Shihonage
<b>Ushiro katate dori Kubishime</b>			Koshinage	Koshinage
<b>Ushiro katate dori Kubishime</b>			Kokyu Nage	Kokyu Nage
<b>Ushiro ryo hiji dori</b>			Ikkyo	Ikkyo
<b>Ushiro ryo hiji dori</b>			Nikyo	Nikyo
<b>Ushiro ryo hiji dori</b>			Sankyo	Sankyo
<b>Ushiro ryo hiji dori</b>			Kotegaeshi	Kotegaeshi
<b>Ushiro ryo hiji dori</b>			Naname K.N.	Naname K.N.

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<b>Ushiro Eri dori</b>			Ikkyo	Ikkyo
<b>Ushiro Eri dori</b>			Nikyo	Nikyo
<b>Ushiro Eri dori</b>			Kotegaeshi	Kotegaeshi
<b>Ushiro Eri dori</b>			Shihonage	Shihonage
<b>Ushiro Eri dori</b>			Iriminage	Iriminage
<b>Ushiro Eri dori</b>			Kokyu Nage	Kokyu Nage
<b>Futari Dori</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
				3 Tecniche
<b>Randori</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Katate Dori</b>	Shihonage	Shihonage	Shihonage	Shihonage
<b>Katate Dori</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Katate Dori</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Katate Dori</b>	Udekime Nage	Udekime Nage	Udekime Nage	Udekime Nage
<b>Katate Dori</b>	Naname K.N.	Naname K.N.	Naname K.N.	Naname K.N.
<b>Katate Dori</b>	Koshinage	Koshinage	Koshinage	Koshinage
<b>Katate Dori</b>	Kokyunage	Kokyunage	Kokyunage	Kokyunage
<b>Shomen Uchi</b>	Uchi K. Sankyo	Uchi K. Sankyo	Uchi K. Sankyo	Uchi K. Sankyo
<b>Shomen Uchi</b>	Kotegaeshi	Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Shomen Uchi</b>	Iriminage	Iriminage	Iriminage	Iriminage
<b>Shomen Uchi</b>	Kokyu Nage	Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Yokomen Uchi</b>		Shihonage	Shihonage	Shihonage
<b>Yokomen Uchi</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Yokomen Uchi</b>		Iriminage	Iriminage	Iriminage
<b>Yokomen Uchi</b>		Kokyunage	Kokyunage	Kokyunage
<b>Yokomen Uchi</b>		Koshinage	Koshinage	Koshinage
<b>Mae Ryo Kata Dori</b>		Shihonage	Shihonage	Shihonage
<b>Mae Ryo Kata Dori</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Mae Ryo Kata Dori</b>		Kokyunage	Kokyunage	Kokyunage
<b>Ushiro Ryo Kata Dori</b>		Naname K. N.	Naname K. N.	Naname K. N.
<b>Ushiro Ryo Kata Dori</b>		Kokyu Nage	Kokyu Nage	Kokyu Nage
<b>Chudan Tsuki</b>			Uchi K. Sankyo	Uchi K. Sankyo
<b>Chudan Tsuki</b>			Kotegaeshi	Kotegaeshi
<b>Chudan Tsuki</b>			Iriminage	Iriminage
<b>Chudan Tsuki</b>			Kokyu Nage	Kokyu Nage

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<b>Tanto Dori</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Shomen uchi Honte</b>		Gokyo	Gokyo	Gokyo
<b>Shomen uchi Honte</b>		Sankyo	Sankyo	Sankyo
<b>Shomen uchi Honte</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Shomen uchi Gyakute</b>			Gokyo	Gokyo
<b>Shomen uchi Gyakute</b>			Kotegaeshi	Kotegaeshi
<b>Yokomen uchi Honte</b>		Gokyo	Gokyo	Gokyo
<b>Yokomen uchi Honte</b>		Sankyo	Sankyo	Sankyo
<b>Yokomen uchi Honte</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Yokomen uchi Honte</b>		Shihonage	Shihonage	Shihonage
<b>Yokomen uchi Honte</b>		Naname K.N.	Naname K.N.	Naname K.N.
<b>Yokomen uchi Gyakute</b>			Gokyo	Gokyo
<b>Yokomen uchi Gyakute</b>			Kotegaeshi	Kotegaeshi
<b>Yokomen uchi Gyakute</b>			Shihonage	Shihonage
<b>Yokomen uchi Gyakute</b>			Naname K.N.	Naname K.N.
<b>Tsuki Honte</b>		Gokyo	Gokyo	Gokyo
<b>Tsuki Honte</b>		Sankyo	Sankyo	Sankyo
<b>Tsuki Honte</b>		Kotegaeshi	Kotegaeshi	Kotegaeshi
<b>Tsuki Honte</b>		Hiji Kime Osae	Hiji Kime Osae	Hiji Kime Osae
<b>Tsuki Honte</b>		Naname K. N.	Naname K. N.	Naname K. N.
<b>Tsuki Honte</b>				Kokyu Nage
<b>Armi</b>	<b>1° Dan</b>	<b>2° Dan</b>	<b>3° Dan</b>	<b>4° Dan</b>
<b>Jo</b>	10 Suburi	20 Suburi	20 Suburi	20 Suburi
<b>Jo</b>		6 Jo Dori	10 Jo Dori	10 Jo Dori
<b>Jo</b>			10 Jo Nage W.	10 Jo Nage W.
<b>Jo</b>			4 Kumi Jo	5 Kumi Jo
<b>Ken</b>	Shomen uchi			
<b>Ken</b>	Kesa Giri			
<b>Ken</b>	Happo Giri			
<b>Ken</b>		7 SUBURI	7 SUBURI	7 SUBURI
<b>Ken</b>		4 KUMITACHI	4 KUMITACHI	5 KUMITACHI
<b>Ken</b>				4 Tachi Dori
<b>Ken</b>			5 Sollecitazioni	5 Sollecitazioni