

Nage Te

- 1 Deashi Harai
- 2 Sasae Ashi
- 3 Okuri Harai
- 4 Soto Gama
- 5 Uchi Gama
- 6 Soto Momo Harai
- 7 Uchi Momo Harai
- 8 Ogoshi
- 9 Utsuri Goshi
- 10 Seoi Nage
- 11 Ushiro Goshi
- 12 Seoi Goshi
- 13 Tsurikomi Goshi
- 14 Harai Goshi
- 15 Hane Goshi
- 16 Uki Otoshi
- 17 Makikomi
- 18 Kani Sute
- 19 Tomoe Nage
- 20 Yama Arashi