

## Eindrehtechniken

O-goshi  
Uki-goshi  
Seoi-otoshi  
Ippon-seoi-nage  
Tai-otoshi  
Morote-seoi-nage  
Harai-goshi  
Tsuru-komi-goshi  
Uchi-mata  
Koshi-guruma  
Hane-goshi  
Kata-seoi-nage

## Rückwärtstechniken Fege-/Stopptechniken Opfertechniken

O-soto-otoshi  
O-uchi-gari  
Ko-uchi-gari  
De-ashi-barai  
Ko-soto-gake  
Hiza-guruma  
O-soto-gari  
Okuri-ashi-barai  
Ko-uchi-maki-komi  
Tomoe-nage  
Tani-otoshi  
Sumi-gaeshi

## Bodentechniken

Kuzure-kesa-gatame  
Mune-gatame  
Kesa-gatame  
Yoko-shiho-gatame  
Tata-shiho-gatame  
Kami-shiho-gatame  
Juji-gatame  
Ude-garami  
Ude-gatame  
Waki-gatame  
Ashi-gatame  
Ashi-garami