

Dan Syllabus Tachi-waza

FIRST SET (8 techniques)		
1. O-goshi	Koshi-waza	Major hip
2. Uki-goshi	Koshi-waza	Floating hip
3. Tsurigoshi	Koshi-waza	Fishing hip throw
4. Tsurikomi-goshi	Koshi-waza	Drawing hip
5. Tai-otoshi	Te-waza	Body drop
6. Ippon-seoi-nage	Te-waza	Single shoulder throw
7. Morote-seoi-nage	Te-waza	Two handed shoulder throw
8. Seoi-otoshi	Te-waza	Shoulder drop
SECOND SET (8 techniques)		
1. Ashi-guruma	Ashi-waza	Foot wheel
2. O-guruma	Ashi-waza	Major wheel
3. Harai-goshi	Koshi-waza	Sweeping hip
4. Hane-goshi	Koshi-waza	Spring hip
5. Uchi-mata	Ashi-waza	Inner thigh
6. Harai-makikomi	Yokosutemi-waza	Winding sweeping hip
7. Hane-makikomi	Yokosutemi-waza	Winding spring hip
8. Soto-makikomi	Yokosutemi-waza	Outer winding
THIRD SET (8 techniques)		
1. Osoto-gari	Ashi-waza	Major outer reaping
2. Kosoto-gari	Ashi-waza	Minor outer reaping
3. Uchi-gari	Ashi-waza	Major inner reaping
4. Kouchi-gari	Ashi-waza	Minor inner reaping
5. Uchi-gake	Ashi-waza	Major inner hook
6. Kosoto-gake	Ashi-waza	Minor outer hook
7. Osoto-guruma	Ashi-waza	Major outer wheel
8. Morote-gari	Te-waza	Double leg grab
FOURTH SET (8 techniques)		
1. De-ashi-barai	Ashi-waza	Advancing foot sweep
2. Okuri-ashi-harai	Ashi-waza	Double foot sweep
3. Sasae-tsurikomi-ashi	Ashi-waza	Propping drawing ankle
4. Harai-tsurikomi-ashi	Ashi-waza	Sweeping drawing ankle
5. Hiza-guruma	Ashi-waza	Knee wheel
6. Uki-otoshi	Te-waza	Floating drop
7. Tomoe-nage	Masutemi-waza	Stomach throw
8. Sumi-gaeshi	Masutemi-waza	Corner throw
FIFTH SET (8 techniques)		
1. Kata-guruma	Te-waza	Shoulder wheel
2. Koshi-guruma	Koshi-waza	Hip wheel
3. Yama-arashi	Te-waza	Mountain storm
4. Tani-otoshi	Yokosutemi-waza	Valley drop
5. Yoko-otoshi	Yokosutemi-waza	Side drop
6. Yoko-wakare	Yokosutemi-waza	Side separation
7. Yoko-gake	Yokosutemi-waza	Side hook
8. Uki-waza	Yokosutemi-waza	Floating throw

Dan Syllabus Ne-waza

FIRST SET (6 techniques)		
1. Hon-kesa-gatame	Osaekomi-waza	Basic scarf hold
2. Kuzure-kesa-gatame	Osaekomi-waza	Broken scarf hold
3. Ushiro-kesa-gatame	Osaekomi-waza	Reverse scarf hold
4. Makura-kesa-gatame	Osaekomi-waza	Pillow scarf hold
5. Mune-gatame	Osaekomi-waza	Chest hold
6. Kata-gatame	Osaekomi-waza	Shoulder hold
SECOND SET (6 techniques)		
1. Hon-kami-shiho-gatame	Osaekomi-waza	Basic upper 4 quarters hold
2. Kuzure-kami-shiho-gatame	Osaekomi-waza	Broken upper 4 quarters hold
3. Hon-yoko-shiho-gatame	Osaekomi-waza	Basic side 4 quarters hold
4. Kuzure-yoko-shiho-gatame	Osaekomi-waza	Broken side 4 quarters hold
5. Hon-tate-shiho-gatame	Osaekomi-waza	Basic lengthwise 4 quarters hold
6. Kuzure-tate-shiho-gatame	Osaekomi-waza	Broken lengthwise 4 quarters hold
THIRD SET (5 techniques)		
1. Nami-juji-jime	Shime-waza	Normal cross strangle
2. Gyaku-juji-jime	Shime-waza	Reverse cross strangle
3. Kata-juji-jime	Shime-waza	Half cross strangle
4. Tsuki-komi-jime	Shime-waza	Thrust strangle
5. Ryote-jime	Shime-waza	Two handed strangle
FOURTH SET (5 techniques)		
1. Hadaka-jime	Shime-waza	Naked strangle
2. Okuri-eri-jime	Shime-waza	Sliding collar strangle
3. Kata-ha-jime	Shime-waza	Single wing strangle
4. Sode-guruma-jime	Shime-waza	Sleeve wheel strangle
5. Koshi-jime	Shime-waza	Two handed strangle
FIFTH SET (5 techniques)		
1. Ude-garami	Kansetsu-waza	Entangled armlock
2. Juji-gatame	Kansetsu-waza	Cross armlock
3. Ude-gatame	Kansetsu-waza	Armlock
4. Hiza-gatame	Kansetsu-waza	Knee armlock
5. Waki-gatame	Kansetsu-waza	Armpit armlock

Dan Syllabus Renzoku-waza

FIRST SET (3 combinations)
Seoi-nage to seoi-toshi
O-uchi-gari to Ko-uchi-gari
Hiza-guruma to Harai-goshi
SECOND SET (3 combinations)
O-goshi to Uki-goshi
O-uchi-gari to Ko-soto-gake
O-soto-gake to O-soto-gari
THIRD SET (3 combinations)
Tai-otoshi to Uchi-mata
Ippon-seoi-nage to Kata-guruma
Ko-soto-gari to tani-otoshi
FOURTH SET (3 combinations)
O-soto-gari to Nidan-ko-soto-gari
Ippon-seoi-nage to Uchi-maki-komi
Harai-goshi to Soto-maki-komi

Dan Syllabus Renraku-waza (Nage-waza)

FIRST SET (3 combinations)
Ko-uchi-gari to Tai-otoshi
Hiza-guruma to O-soto-gari
Ko-uchi-gari to Ippon-seoi-nage
SECOND SET (3 combinations)
Uchi-mata to Ko-uchi-gari
O-uchi-gari to Tsurikomi-ashi
Sasae-tsurikomi-ashi to De-ashi-barai
THIRD SET (3 combinations)
Ashi-guruma to Tani-otoshi
Harai-goshi to O-soto-gake
O-soto-gake to Seoi-otoshi
FOURTH SET (3 combinations)
De-ashi-barai to Tomoe-nage
Ippon-seoi-nage to Ko-uchi-gake
O-soto-gari to Yoko-wakare

Dan Syllabus Kaeshi-waza (Nage-waza)

FIRST SET (3 counters)
Harai-goshi countered by Ushiro-goshi
Uchi-mata countered by Tai-otoshi
Ko-uchi-gari countered by Ippon-seoi-nage
SECOND SET (3 counters)
O-uchi-gari countered by Ko-soto-gari
Ko-soto-gari countered by Uchi-mata
O-soto-gari countered by O-soto-gaeshi
THIRD SET (3 counters)
Hiza-guruma countered by O-uchi-gari
Okuri-ashi-harai countered by Tsubame-gaeshi
De-ashi-barai countered by Ko-uchi-gari
FOURTH SET (3 counters)
Tsuri-komi-goshi countered by Utsuri-goshi
Harai-goshi countered by Ura-nage
Ashi-guruma countered by Te-guruma

Dan Syllabus Renraku-waza (Ne-waza)

FIRST SET (2 combinations)
Kuzure-kesa-gatame to Ude-garami
Escape from Kesa-gatame into Kuzure-kesa-gatame
SECOND SET (2 combinations)
Kesa-gatame to Hiza-gatame
Escape from Yoko-shiho-gatame into San-gaku-jime
THIRD SET (2 combinations)
Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame
Kata-juji-jime countered by Hiza-gatame
FOURTH SET (2 combinations)
Tate-shiho-gatame to Juji-gatame
Escape from Yoko-shiho-gatame into Kata-te-kata-ashi-jimi