

TASHI WAZA (techniques debout)

TE WAZA (techniques de mains)	ASHI WAZA (techniques de jambes)	MA SUTEMI WAZA (techniques sacrifice avant)
IPPON SEOI NAGE	ASHI GURUMA	SUMI GAESHI
KATA GURUMA	DE ASHI BARAI	TOMOE NAGE
SUMI OTOSHI	HARAI TSURI KOMI ASHI	URA NAGE
SUKUI NAGE	HIZA GURUMA	
TAI OTOSHI	KO SOTO GAKE	
UKI OTOSHI	KO SOTO GARI	
KOSHI WAZA (techniques de hanche)	KO UCHI GARI	YOKO SUTEMI WAZA (techniques sacrifice de côté)
	OKURI ASHI BARAI	
HANE GOSHI	O GURUMA	HANE MAKIKOMI
HARAI GOSHI	O SOTO GARI	SOTO MAKIKOMI
KOSHI GURUMA	O SOTO GURUMA	TANI OTOSHI
O GOSHI	O UCHI GARI	UKI WAZA
TSURI GOSHI	SASAE TSURI KOMI ASHI	YOKO GAKE
TSURI KOMI GOSHI	UCHI MATA	YOKO GURUMA
UKI GOSHI		YOKO OTOSHI
USHIRO GOSHI		YOKO WAKARE
UTSURI GOSHI		

NE WAZA (techniques au sol)

OSAE KOMI WAZA (immobilisations)	SHIME WAZA (étranglements)	KANSETSU WAZA (clefs)
KESA GATAME	GYAKU JUJI JIME	UDE GARAMI
KAMI SHIHO GATAME	HADAKA JIME	JUJI GATAME
KATA GATAME	KATA HA JIME	UDE GATAME
KUZURE KAMI SHIHO GATAME	KATA JUJI JIME	HIZA GATAME
KUZURE KESA GATAME	NAMI JUJI JIME	WAKI GATAME
YOKO SHIHO GATAME	OKURI ERI JIME	HARA GATAME
TATE SHIHO GATAME		