






Waza	Omschrijving / Kata					
Suwari Waza	Hakko Dori	X	X	X	X	X
	Kao Ate	X	X	X	X	X
	Hiza Gatame	X	X	X	X	X
	Te Kagami	X	X	X	X	X
	Aiki Nage	X	X	X	X	X
	Ude Osae Dori		X	X	X	X
	Mune Osae Dori		X	X	X	X
	Uchikomi Dori			X	X	X
Hantachi Waza	Yoko Katate Osae Dori			X	X	X
	Kiza Morote Osae Dori				X	X
Tachi Waza	Hakko Zeme Dori	X	X	X	X	X
	Tachi Ate	X	X	X	X	X
	Te Kagami	X	X	X	X	X
	Hiki Nage	X	X	X	X	X
	Ude Osae Dori		X	X	X	X
	Mune Osae Dori		X	X	X	X
	Uchi Komi Dori			X	X	X
	Kubi Shime Dori				X	X
	Ushiro Zeme Otoshi				X	X
Tambo Waza	Furi Age	X	X	X	X	X
	Furi Gyaku Kubi Jime	X	X	X	X	X
	Furi Hadaka Jime	X	X	X	X	X
	Yoko Gyakute Ude Hishigi	X	X	X	X	X
	Yoko Katate Kannuki Gatame		X	X	X	X
	Yokomen Uchi Te Kagami		X	X	X	X
	Ura Yokomen Uchi Konoha Gaeshi			X	X	X
	Ura Yokomen Uchi Mune Gatame			X	X	X
	Ude Osae Dori				X	X
	Mune Osae Dori				X	X
	Uchi Komi Dori				X	X
	Shomen Uchi Tenchi Nage					X
	Shomen Uchi Kata Gatame					X
Algemene kennis	Japanse woorden*	X	X	X	X	X
	Rollen, zittend	X	X	X	X	X
	Rollen, staand	X	X	X	X	X
	Rollen, zittend +achteruit	X	X	X	X	X
	Rollen, staand +achteruit	X	X	X	X	X
	Rollen, staand + afslag	X	X	X	X	X
	Rollen, staand + afslag + achteruit		X	X	X	X
	Rollen, staand + hindernis		X	X	X	X
	9 Klemmen	4	8	X	X	X
	Vitale punten		X	X	X	X
	Henka's	15	25	40	60	70