

Nage Waza

Niveau	Koshi Waza	Ashi Waza	Te Waza	Ma Sutemi Waza	Yoko Sutemi Waza	Gaehi Waza	Renraku Waza
5. kyu	O Goshi	O Soto Otoshi					
4. kyu	Uki Goshi	O Uchi Gari Ko Uchi Gari	Seoi Nage				O Goshi + O Uchi Gari
3. kyu	Harai Goshi	De Ashi Barai	Sukui Nage/Te Guruma Tai Otoshi	Tani Otoshi		Uki Goshi → ← O Goshi	Ko Uchi Gari + O Uchi Gari O Soto Gari + Seionage
2. kyu	Goshi Guruma Soto Maki Komi Sode Tsuru Komi	Uchi Mata			Yoko Guruma	Harai Goshi → ← Te Guruma Seoi Nage → ← Tani Otoshi	De Ashi Barai Uchi (på inderside) + Tai Otoshi O Uchi Gari + Tai Otoshi Tai Otoshi + Harai Goshi
1. kyu	Hane Goshi	Sasae Tsuru Komi Ashi		Ura Nage		O Uchi Gari → ← Harai Goshi Seoi Nage → ← Yoko Guruma O Uchi Gari → ← Soto Maki Komi	Sode Tsuru Komi Goshi + Ko Uchi Maki Komi Ko Uchi Gari + Uchi Mata O Soto Gari + Goshi Guruma O Uchi Gari + Harai Goshi
1. dan		Okuri Ashi Barai	Kata Guruma Okuri Morote Gari	Tomoe Nage Sumi Gaeshi		O Uchi Gari → ← Tomoe Nage O Soto Gari → ← Sukui Nage O Soto Gari → ← O Soto Gari Uchi Mata → ← Sukui Nage	O Soto Gari + Harai Goshi / Hane Goshi / Uchi Mata Ko Uchi Gari + Sasae Tsuru Komi Ashi O Soto Gari + O Uchi Gari / Ko Uchi Gari Uchi Mata + Ko Uchi Gari Tomoe Nage + Ude Hishigi Juji Gatame
2. dan		Kani Basami		Hiki Komi Gaeshi	Yoko Wakare	Uchi Mata → ← Ura Nage Uchi Mata → ← Tani Otoshi	Sasae Tsuru Komi Ashi + Seio Nage Okuri Ashi Barai + Harai Goshi / Hane Goshi / Uchi Okuri Ashi Barai + Tai Otoshi Harai Goshi + Soto Maki Komi 5 egne teknikker eller -kombinationer