

Orange Belt to Green Belt (Yonkyu to Sankyu)		
Idori Waza (Suwari Waza)	Seated Techniques	居捕技 (座技)
Shiba no Tsuyu (kataha waza)	Lawn's Dew (single wing technique)	芝之露 (片技)
Kote Gaeshi	Wrist Reversal	小手返
Hiji Gaeshi	Elbow Reversal	肱返
Tachi Waza	Standing Techniques	立技
Makikomi	Wrapping Throw	巻込
Hiki Daoshi	Pulling Topple	引倒
Suso Barai	Hemline Sweep	裾払
Shi Ho Nage	Four Way Throw	四方投
Hiji Gaeshi	Elbow Reversal	肱返
Kote Gaeshi	Wrist Reversal	小手返
Kime Waza	Finishing Techniques	極技
Kamate Hikitate	Sickle Hand Prisoner March	鎌手引立
Te Makura Hikitate	Hand Pillow Prisoner March	手枕引立
Gyakute Hikitate	Reverse Hand Prisoner March	逆手引立
Goshinyo no Te	The Hand of Self Defence System	護身用之手
Jinchu	Centre of Man	人中
Tsuki Gaeshi Waza	Punching counter techniques	突返技
Keri Gaeshi Waza	Kicking counter techniques	蹴返技