

Yellow To Orange Belt (Gokyu to Yonkyu)		
Idori Waza (Suwari Waza)	Seated Techniques	居捕技 (座技)
Daki Jime	Hugging Constriction	抱締
Ude Osae Dori	Arm Pressing art	腕押踊り
Mune Osae Dori	Chest Pressing Art	胸押踊り
Tsuri Komi Jime Gaeshi	Angling Action Strangle Reversal	釣込締返
Tachi Waza	Standing Techniques	立技
Oshi Daoshi	Pushing Topple	押倒
Kote Mawashi (Saru Suberi)	Wrist Roundhouse (Monkey Sliding)	小手回 (猿滑)
Uchi Ude Gaeshi	Inside Arm Reversal	内腕返
Tsuri Komi Jime Gaeshi	Angling Action Strangle Reversal	釣込締返
Ude Osae Dori	Arm Pressing art	腕押踊り
Mune Osae Dori	Chest Pressing Art	胸押踊り
Kime Waza	Finishing Techniques	極技
Uchi Ude Gaeshi	Inside Arm Reversal	内腕返
Kataha Hikitate	Single Wing Prisoner March	片羽引立
Soto Osae Dori (Ikkyo)	First Principle (Outside Pressing Art)	外押踊り (一教)
Mae Ude Hineri	Front Arm Twist	前腕捻
Kihon Waza	Basic Techniques	基本技
Shuto Uchi	Knife Hand Strike	小刀打
Metsubushi	Crushing the Eyes	目潰
Empi Ude Uchi	(Monkey's Arm) Elbow Strike	猿臂腕打
Teisho Uchi	Palm Heel Strike	手掌打
Ushiro Geri	Rear Kick	後蹴
Goshinyo no Te	The Hand of Self Defence System	護身用之手
Shitate Kakae Gaeshi Waza	Body Holds under the arms reversal techniques	下手抱返技
Uwate Kakae Gaeshi Waza	Body Holds over the arms reversal techniques	上手抱返技
Tori Gaeshi Waza	Grabbing reversal techniques	捕返技