

Kokodo Kyu Shin Kai - Nippon Budo Kokodo ju-jutsu

初段技

SHODAN GI

Suwari Waza

Nuki Te

Atemi (Kasumi No-To)

Hiza Gatami

Hiki Otoshi

Aiki Nage

Kote Gaeshi

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Uchi Komi Dori

Tachi Waza

Shuto Zeme

Atemi (Kasumi No-to)

(Uto No-To)

Hiki Otoshi

Aiki Nage

Kote Gaeshi Dori

Gassho Dori

Ude Osae Dori

Mune Osae Dori

Ude Mune Osae Dori

Uchi Komi Dori

Ushiro Zeme Otoshi

Kubi Jime Nage

Ushiro Kubi Jime Nage

Hantachi Waza

Yoko Katate Osae Dori

Yoko Morote Osae Dori

*Kokodo Kyu Shin Kai -
Hanbo Waza*

Nukite Dori

Uchi Komi Dori Nage

Uchi Komi Shiho Nage

Hara Gatame Nage

Hara Jime Otoshi

Kubi Jime Gatame

Yoko Otoshi

Yoko Men Shiho Nage

Yoko Gaeshi Otoshi

Udi Maki Dori

Hara Dori Gakun

Yoko Kubi Jime Dori