



Kokodo Ju-Jutsu

NIDAN-GI

Suwari waza

Kawa Semi
Kote Gaeshi Dori
Kote Dori
Kote Gatame
Tsuru Gote
Mune Osae Kote Dori
Uchi Komi Kote Dori
Gassho Dori
Aya Dori
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kude Gatame Omote
Kude Gatame Ura

Antachi waza

Mae Ryote Osae Dori
Mae Ryote Nage

Tachi waza

Maki Komi
Maki Komi Nage
Maki Komi Garame
Aya Dori
Shuto Jime
Gyaku Shuto Hiji Gatame
Kote Gaeshi Dori
Gassho Dori
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kude Gatame Omote
Kude Gatame Ura
Kote Dori
Kote Gatame
Tsuru Gote
Mune Osae Kote Dori
Uchi Komi Kote Dori
Shiho Nage
Ushiro Shiho Nage
Sakaki Gaeshi