



Kokodo Ju-Jutsu

SHODAN-GI

Suwari waza

Nukite
Gassho
Kasumi No To
Hiza Gatame
Hiki Otoshi
Uto NoTo
Aiki Nage
Kote Gaeshi
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori

Antachi waza

Yoko Katate Osae Dori
Yoko Morote Osae Dori

Tachi waza

Kasumi No To
Uto NoTo
Shuto Zeme
Shuto Zeme Otoshi
Hiki Otoshi
Hiki Nage
Aiki Nage
Kote Gaeshi Dori
Ude Osae Dori
Mune Osae Dori
Ryo Ude Osae Dori
Ryo Mune Osae Dori
Ude Mune Osae Dori
Uchi Komi Dori
Gassho Nage
Ushiro Zeme Otoshi
Kubi Shime Nage
Ushiro Kubi Shime Nage (5 techniques)