




## Támadási helyzetek

		
Tachi waza	Hanmi hantachi waza	Suwari waza

				
Aihanmi katate dori	Gyakuhanmi katate dori	Katate ryote dori	Ryote dori	
				
Shomen uchi	Yokomen uchi	Jodan tsuki	Chudan tsuki	Mae geri
				
Kata dori men uchi	Ryokata dori	Mune dori	Kata dori	
				
Ushiro ryote dori	Ushiro ryohiji dori	Ushiro eri dori	Ushiro kubi shime	Ushiro ryokata dori