

Nage- no- kata Set 1 Te- waza	Uki- otoshi	Seoi- nage	Kata- guruma

Nage- no- kata Set 2 Koshi- waza	Uki- goshi	Harai- goshi	Tsuri- komi- goshi

Nage- no- kata Set 3 Ashi- waza	Okuri-ashi-barai	Sasae-tsuri-komi-ashi	Uchi- mata

Nage- no- kata Set 4 Ma- sutemi- waza	Tomoe- nage	Ura- nage	Sumi- gaeshi

Nage- no- kata Set 5 Yoko- sutemi- waza	Yoko- gake	Yoko- guruma	Uki- waza