

Renrakuenka Waza Extra Gokyo

| Extra go kyo | | |
|--------------|------------------|-----------------------|
| 1 | Ashi-guruma | O soto otoshi |
| 2 | Harai goshi | harai makikomi |
| 3 | Ippon seoi nage | uchi makikomi |
| 4 | Ippon seoi nage | Kata Guruma |
| 5 | Ippon seoi nage | Kouchi makikomi |
| 6 | Ippon seoi nage | Seoi otoshi |
| 7 | Kata guruma | Kibisu Gaeshi |
| 8 | Ko uchi gari | Kuchiki Taoshi |
| 9 | Ko Uchi gari | Kibisu gaeshi |
| 10 | Ko-uchi-gari | Sode-tsure-komi-goshi |
| 11 | Soto Makikomi | O soto otoshi |
| 12 | O soto gari | O soto makikomi |
| 13 | O uchi gari | Kuchiki taoshi |
| 14 | O uchi gari | Kouchi makikomi |
| 15 | O uchi gari | Morote gari |
| 16 | Tsure komi goshi | seoi otoshi |
| 17 | Yama arashi | seoi otoshi |