

Go Kyo e Extra Gokyo

Dai Gokyo				
Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo
1. Deashi Harai	1. Kosoto Gari	1. Kosoto Gake	1. Sumi Gaeshi	1. Osoto Guruma
2. Hiza Guruma	2. Kouchi Gari	2. Tsuru Goshi	2. Tani Otoshi	2. Uki Waza
3. Sasae Tsurikomi Ashi	3. Koshi Guruma	3. Yoko Otoshi	3. Hane Makikomi	3. Yoko Wakare
4. Uki Goshi	4. Tsurikomi Goshi	4. Ashi Guruma	4. Sukui Nage	4. Yoko Guruma
5. Osoto Gari	5. Okuriashi Harai	5. Hane Goshi	5. Utsuri Goshi	5. Ushiro Goshi
6. O Goshi	6. Tai Otoshi	6. Harai Tsurikomi Ashi	6. O Guruma	6. Ura Nage
7. Ouchi Gari	7. Harai Goshi	7. Tomoe Nage	7. Soto Makikomi	7. Sumi Otoshi
8. Seoi Nage	8. Uchi Mata	8. Kata Guruma	8. Uki Otoshi	8. Yoko Gake

Extra Gokyo

Shinmeisho No Waza (Técnicas aceitas em 1982 e 1997)		
1. Morote Gari	8. Ouchi Gaeshi	15. Kawazu Gake
2. Kuchiki Taoshi	9. Osoto Gaeshi	16. Harai Makikomi
3. Kibisu Gaeshi	10. Harai Goshi Gaeshi	17. Uchi Mata Makikomi
4. Uchi Mata Sukashi	11. Uchi Mata Gaeshi	18. Sode Tsurikomi Goshi
5. Obi Tori Gaeshi	12. Hane Goshi Gaeshi	19. Ippon Seoinage
6. Tsubame Gaeshi	13. Kani Basami	20. Obi Tori Gaeshi
7. Kouchi Gaeshi	14. Osoto Makikomi	21. Kouchi Makikomi

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(Daki-kouchi ou sutemi-koï KODOKAN 2017)

Habukareta Waza (técnicas do Gokyo de 1895)	
1. Obi Otoshi	5. Daki Wakare
2. Seoi Otoshi	6. Hikikomi Gaeshi
3. Yama Arashi	7. Tawara Gaeshi
4. Osoto Otoshi	8. Uchi Makikomi