Kumitachi

Shodan no Waza (*Single Step Techniques*)

Set 1.	Sankaku Uke Kirigaeshi Maki Uchi Kaeshi Uchi Maki Osae	Kihon Ichi, Kihon Ni, Jokyu, Goshin, Randori
Set 2.	Harai Uke Maki Otoshi Hiji Gote	Kihon, Jokyu, Goshin, Randori

Nidan no Waza (*Two Step Techniques*)

Set 1.	Tsuki (*Sayu Uke, Tsukigote, Joge*) Inshin Irimi Soto Uchi Mawari Kaiten	Kihon- Individual Sets, Jokyu- Combined Sets, Randori- Random Sets
Set 2.	Harai Uke + Osae Osae + Osae Kote + Harai Uke Ura Hiji Gote + Maki Otoshi	Kihon- Individual Sets, Jokyu- Combined Sets, Randori- Random Sets

Sandan no Waza (*Three Step Techniques*)

Set 1.	Kihon Sankaku Sabaki (*Basic Triangle*)	Kihon- Individual Sets, Jokyu- Combined Sets, Randori- Random Sets
Set 2.	Kihon Sankaku Sabaki (*Jochuge, Umote Ura, Gyo So*)	

Randori Okuden

Set 1.	Nagare (*Continuous Attack*) Cut for Cut
Set 2.	Shikaku (*Cut & Zone*) Attack & Counter Ai Uchi (*Simultaneous Strike*)