

# ODTÜ DOJO

## 5-4 Derece Sınavı Teknik Listesi

### *Suwari Waza*

**Aihanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Iriminage**

**Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo**

**Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Iriminage**

### *Tachi Waza*

**Aihanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Shiho Nage, Ude Kime Nage, Soto Kaiten Nage,  
Kokyu Nage**

**Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Shiho Nage, Uchi Kaiten Nage, Tenchi Nage, Kokyu Nage**

**Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Soto Kaiten Nage, Kokyu Nage**

**Chudan Tsuki**

**Irimi Nage, Kote Gaeshi, Ude Kime Nage**

**Ryote Dori**

**Ikkyo, Tenchi Nage**

**Yokomen Uchi**

**Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage**

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