

Kihon Waza

皇光道柔術

Hanbo Waza

Nukite Dori
 Uchi Komi Dori Nage
 Uchi Komi Shiho Nage
 Hara Gatame Nage
 Hara Jime Otoshi
 Kubi Jime Gatame
 Yoko Otoshi
 Yoko Men Shiho Nage
 Yoko Gaeshi Otoshi
 Ude Maki Dori
 Hara Dori Gakun
 Yoko Kubi Jime Dori

Suwari Waza

Nukite
 Atemi Kasumi No To
 Hiza Gatame
 Hiki Otoshi
 Aiki Nage
 Kote Gaeshi
 Gassho Dori
 Ude Osae Dori
 Mune Osae Dori
 Uchi Komi Dori

Hantachi Waza

Yoko Katate Osae Dori
 Yoko Morote Osae Dori

Shodan Gi

Tachi Waza

Shuto Zeme
 Shuto Zeme Otoshi
 Atemi Kasumi No To
 Atemi Uto No To
 Hiki Otoshi
 Hiki Nage
 Aiki Nage
 Kote Gaeshi Dori
 Gassho Dori
 Ude Osae Dori
 Mune Osae Dori
 Ude Mune Osae Dori
 Uchi Komi Dori
 Ushiro Zeme Otoshi
 Kubi Jime Nage
 Ushiro Kubi Jimi Nage

Kihon Waza

Nidan Gi

Suwari Waza

Kawa Semi
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kote Gaeshi Dori
Gassho Dori
Kote Dori

Hantachi Waza

Mae Ryote Osae Dori

Tachi Waza

Kawa Semi
Maki Komi Dori
Aya Dori
Shuto Jime
Kote Gaeshi Dori
Gassho Dori
Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Sakaki Gaeshi
Kude Gatame Omote
Kude Gatame Ura
Kote Dori
Uchi Komi Kote Dori
Mune Osae Kote Dori
Shiho Nage
Ushiro Shiho Nage

Sandan Gi

Suwari Waza

Ude Osae Dori
Mune Osae Dori
Uchi Komi Dori
Kote Gaeshi Dori
Ryote Osae Aya Dori
Gassho Dori
Tsukimi Dori

Hantachi Waza

Yoko Katate Osae Dori
Yoko Morote Osae Dori
Ushiro Gyaku Kubi Jime Dori

Tachi Waza

Emon Dori
Ushiro Emon Dori
Ude Osae Dori
Mune Osae Dori
Kote Gaeshi Dori
Royote Osae Aya Dori
Gassho Dori
Uchi Komi Dori
Tsukimi Dori
Kata Mune Osae Mochi Mawari
Ryote Mochi Mawari Dori
Mae Obi Hiki Dori
Ushiro Obi Hiki Dori
Ushiro Zeme Dori
Ushiro Nukite Dori
Ushiro Kubi Jime Nage
Tanto Dori
Nuki Uchi Dori