

| Technique | Ecole(s) d'origine |
|-------------------|---|
| Te-Waza | |
| Seoi-Nage | Tenshin shinyo, Takeuchi, Sosuishi, Kukishin, Takagi Yoshin |
| Tai-Otoshi | Kodokan |
| Kata-Guruma | Takeuchi |
| Sukui-Nage | Sosuishi |
| Uki-Otoshi | Kito, Sosuishi |
| Sumi-Otoshi | Kodokan |
| Obi-Otoshi | Kodokan |
| Seoi-Otoshi | Kito |
| Yama-Arashi | Kodokan |
| Morote-Gari | Kodokan |
| Kushiki-Taoshi | Tenshin shinyo |
| Kibisu-Gaeshi | Kodokan |
| Uchi-Mata-Sukashi | Kodokan |
| Ko-uchi-gaeshi | Kodokan |
| Ippon-Seoi-Nage | Tenshin shinyo |
| Koshi-Waza | |
| Uki-Goshi | Tenshin shinyo, Kito, Sosuishi |
| O-Goshi | Kodokan |
| Koshi-Guruma | Kodokan |
| Tsuri-Komi-Goshi | Kodokan |
| Harai-Goshi | Tenshin shinyo |
| Tsuri-Goshi | Kito, Sosuishi |
| Hane-Goshi | Kodokan |
| Utsuri-Goshi | Kodokan |
| Ushiro-Goshi | Kodokan |
| Daki-Age | Kodokan |

| Technique | Ecole(s) d'origine |
|-----------------------|---|
| Ashi-Waza | |
| De-Ashi-Barai | Tenshin shinyo |
| Hiza-Guruma | Kukishin |
| Sasae-Tsuri-Komi-Ashi | Kodokan |
| O-Soto-Gari | Tenshin shinyo, Sosuishi, Kukishin |
| O-Uchi-Gari | Kodokan |
| Ko-Soto-Gari | Kodokan |
| Okuri-Ashi-Barai | Kodokan |
| Uchi-Mata | Takeuchi |
| Ko-Soto-Gake | Kodokan |
| Ashi-Guruma | Kodokan |
| Harai-Tsuri-Komi-Ashi | Kodokan |
| O-Guruma | Kodokan |
| O-Soto-Guruma | Kodokan |
| O-Soto-Otoshi | Kodokan |
| Tsubame-Gaeshi | Kodokan |
| O-Soto-Gaeshi | Kodokan |
| O-Uchi-Gaeshi | Kodokan |
| Hane-Goshi-Gaeshi | Kodokan |
| Harai-Goshi-Gaeshi | Kodokan |
| Ma-Sutemi-Waza | |
| Tomoe-Nage | Tenshin shinyo, Sosuishi, Takagi yoshin |
| Ura-Nage | Tenshin shinyo, Takenouchi |
| Sumi-Gaeshi | Tenshin shinyo, Sosuishi |
| Hikikomi-Gaeshi | Kodokan |
| Tawara-Gaeshi | Kodokan |
| | |

| Technique | Ecole(s) d'origine |
|-------------------------|--------------------|
| Yoko-Sutemi-Waza | |
| Yoko-Otoshi | Tenshin shinyo |
| Tani-Otoshi | Kito |
| Hane-Makikomi | Kodokan |
| Soto-Makikomi | Kodokan |
| Uki-Waza | Kito |
| Yoko-Wakare | Kito |
| Yoko-Guruma | Sosuishi |
| Yoko-Gake | Kodokan |
| Uchi-Makikomi | Kodokan |
| Kani-Basami | Kodokan |
| O-Soto-Makikomi | Kodokan |
| Uchi-Mata-Makikomi | Kodokan |
| Harai-Makikomi | Kodokan |
| Kawazu-Gake | Kodokan |