

## **JO SUBURI**

Choku tsuki

Kaeshi tsuki

Ushiro tsuki

Tsuki gedan gaeshi

Tsuki jodan gaeshi

Shomen uchi

Renzoku shomen uchi

Men uchi gedan gaeshi

Men uchi ushiro tsuki

Gyakuyokomen uchi ushiro tsuki

Katate gedan gaeshi

Tomo katate uchi

Katate hachnoji

Haso gaeshi uchi

Haso gaeshi cuki

Haso gaeshi ushiro cuki

Haso gaeshi ushiro uchi

Haso gaeshi ushiro gedan gaeshi

## **JO TORI**

Aihanmi kokyu nage

Aihanmi shiho nage

Aihanmi tenkan mawashi kokyu nage

Aihanmi mawashi kokyu nage

Aihanmi ushiro kokyunage

Aihanmi ude hishigi /hijikimeosae

Aihanmi nodo tsuki

Gyakohanmi udekime nage

Gyakohanmi ushiro kokyu nage /sokumen

Gyakohanmi tenkan mawashi kokyunage

## **KEN SUBURI**

1 suburi Shomen uchi

2 suburi Shomen uchi

3 suburi Shomen uchi

4 suburi Shomen uchi

5 suburi Shomen uchi

6 suburi Shomen uchi

7 suburi Shomen uchi

## **TACHI TORI**

Aihanmi ushiro kokyu nage

Gyakohanmi kote gaeshi

Gyakohanmi ude hishigi

Gyakohanmi irimi nage

Gyakohanmi udekime nage

Gyakohanmi hiji ate mae kokyunage (udekime nage)

Gyakohanmi mae kokyunage (mae otoshi)

Aihanmi nodo tsuki

Aihanmi sankyo

Aihanmi yonkyo