

	Katate dori	doriAi hammi katate	Ryote dori	Katate ryote dori	Katate dori	Kata dori	Ryo kata dori	Mune dori	Eri dori	Hiji dori	Ushiro eri dori	doriUshiro ryo kata	Ushiro ryo hiji dori	kubishimeUshiro katate dori	Ushiro ryote dori	Mune dori men uchi	Men uchi	Yokomen uchi	Jodan tsuki	Chudan tsuki	Shomen Uchi
IKKYO	●			●		●	●	●			●	●		●	●	●	●	●			●
NIKYO	●		●	●		●	●		●		●	●		●		●	●	●			●
SANKYO	●					●			●	●	●			●	●	●	●	●	●		●
YONKYO	●														●			●			●
GOKYO																		●			
KOTE GAESHI			●	●								●	●		●		●	●	●	●	●
IRIMI NAGE	●		●								●	●	●		●			●	●	●	
SHIHO NAGE	●							●							●			●			
UCHI KAITEN NAGE		●						●										●			
SOTO KAITEN NAGE		●						●											●		●
UCHI KAITEN SANKYO	●	●						●										●			●
TENCHI NAGE	●																	●			
UDE KIME NAGE	●	●						●										●	●	●	
KOKYU NAGE	●						●				●				●						
KIRI OTOSHI																			●	●	
HIJI KIME OSAE								●							●					●	
SUMI OTOSHI				●																●	●
KOKYU HO		●	●																		
AIKI OTOSHI							●				●							●			
KOSHI NAGE	●			●			●							●		●		●			●
UDE GARAMI						●	●													●	
JUJI GARAMI											●			●		●					