

Ippon utchi no Waza:

Shômen / Kote / Do(rechts) / Tsuki

Men - Zanshin - Issoku Itto

Kote - Zanshin - Issoku Itto

Do - Zanshin - Issoku Itto

Tsuki / rausziehen - Zanshin - Yokote

Kihon 2

(Sikakewaza)

Renzoku Waza (2 / 3dan no waza):

Kote -> Men

Kote -> Men - Zanshin - Issoku Itto - Yokote

Kihon 3

(Sikakewaza)

Harai Waza:

Harai Men (omote)

Me - Zanshin - Yokote

Kihon 4

(Sikakewaza)

Hiki Waza:

Hiki Do

Men - (tsubazeirai) - Do - Zanshin - Yokote

Kihon 5

(Ojiwaza)

Nuki Waza:

Men Nuki DO

Do - Yokote

Kihon 6

(Ojiwaza)

Suriage Waza: Kote Suriage Men

Kote - Suriage Men - Yokote

Kihon 7

(Sikakewaza)

Debana Waza: Debana Kote

Kote - Zanshin - Yokote

Kihon 8

(**Ojiwaza**)

Kaeshi Waza: Men Kaeschi Do

Men - Kaeschi Do - Yokote

Kihon 9

(**Ojiwaza**)

Utchiotoshi Waza: Do Utchiotoshi Men

Do - Utchiotoshi Men – (Issoku Itto)- Yokote