



Kihon

Tsuki Waza

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki no tsukkomi
4. Kette Gyakuzuki no tsukkomi
5. Tobikomizuki
6. Nagashizuki

Uchi Waza

1. Haito
2. Enpi
3. Uraken

Keri Waza

1. Sokutogeri
2. Surikomi Yokogeri (aus Naihanchidachi)
3. Ushirogeri
4. Hizageri

Renzoku Waza

1. Tobikomi / Gyakuzuki / Surikomi Maegeri / Gyakuzuki / Nagashizuki
2. Surikomi Mawashigeri / Ushirogeri / Gyakuzuki / Nagashizuki

Kumite

1. Ohyo Kumite Nanahonme
2. Ohyo Kumite Hachihonme
3. Kihon Kumite Yohonme
4. Kihon Kumite Gohonme
5. Freikampf

Kata

1. Naihanchi
2. Kushanku