

## **I. KIHON Tachi**

- 1. Kesa Giri**
- 2. Ashi Barai Ukibune**
- 3. Kiriwari**
- 4. Warizuki**
- 5. Kurai Tachi**

## **II. URA Tachi**

- 1. Men Tachi Zuke**
- 2. Kesa Tachi Zuke**
- 3. Do Tachi Zuke**
- 4. Gedan Kote Dome**
- 5. Kyodachi Kote Giri**
- 6. Sokui Zuke**
- 7. Mikiri Kenchu Tai**
- 8. Naori Taichu Ken**
- 9. Kesa Giri Sode Suri**
- 10. Enbi Ken**

## **III. AISHIN Kumi Tachi**

- 1. Kumi Tachi Kiri Dome**
- 2. Kumi Tachi Seigan**
- 3. Kumi Wakare Warizuki**
- 4. Kumi Tachi Kaeshi Kote**
- 5. Kumi Wakare Taoshi Uchi**

## **IV. JISSEN Tachigumi**

- 1. Tsuki Kaeshi**
- 2. Kiriwari**
- 3. Sokui Tachi**
- 4. Hayanuke Fudo Ken**
- 5. Sode Suri Seigan**
- 6. Gedan Kote Uchi**
- 7. Tsubame Gaeshi**
- 8. Gyaku Kesa**
- 9. Tsubazeri Taoshi**
- 10. Maki Tachi Oikomi**

## **V. KASSEN TACHI**

- 1. Sente Tsuki Age**
- 2. Sente Seigan**
- 3. Sente Tsuki Kaeshi**
- 4. Sente Tsuki Daoshi**
- 5. Sente Enbi Daoshi**
- 6. Jodan Nuki Daoshi**
- 7. Gedan Nuki Daoshi**
- 8. Fudoken**
- 9. Kesa Tsubushi**
- 10. Muniken**