

## SABAKI:

TAI SABAKI  
TE SABAKI

ASHI SABAKI  
KI SABAKI

## TAI SABAKI

IIRIMI

USHIRO ASHI IIRIMI

MAE ASHI IIRIMI

TENKAN

USHIRO ASHI TENKAN

MAE ASHI TENKAN

TENSHIN

USHIRO ASHI TENSHIN

MAE ASHI TENSHIN

KAITEN

HITOEMI

## ASHI SABAKI

HAKOBI ASHI IIRIMI  
TENKAN ASHI

YOSE ASHI TENKAN  
IRIMI ASHI

OKURI ASHI  
AYUMI ASHI  
HIKI ASHI

TSUGI ASHI  
FUMIKOMI ASHI  
TENKAN ( ASHI )

## UKEMI

USHIRO UKEMI

YOKO UKEMI

KAITEN UKEMI  
(HANTACHI)

MAE  
USHIRO

KAITEN UKEMI

MAE  
USHIRO

CHOYAKU KAITEN UKEMI  
(HOJO)

GYAKU ASHI MAE KAITEN UKEMI

TAI HINERI MAE KAITEN UKEMI

## JIZEN DOSA

IKKYO UNDOO

SHIHOO KIRI

SHIKKOO HOO

TAI no HENKOO

## SHOMENUCHI ( KIAWASE )

- 1) AIAWASE
- 2) JOODAN KUZUSHI OMOTE, URA
- 3) CHUDAN KUZUSHI OMOTE, URA