

kyu 6

1. ryusui geri (ushiro, right & left)
2. uchi uke zuki (ura, right & left)
3. tenshin geri (right & left)
4. uwa uke zuki (omote, right & left)
5. kote nuki (right & left)

kyu 5

1. tenchi ken dai 1 (right & left)
2. ryuo ken dai 1 (right & left)
3. ryusui geri (mae, right & left)
4. uwa uke zuki (ura, right & left)
5. uwa uke zuki (omote, right & left)
6. shita uke geri (right & left)
7. shita uke jun geri (right & left)
8. katate yori nuki (right & left)
9. maki nuki (katate, right & left)
10. gyaku gote, mae yubi gatamae (right & left)

kyu 4

1. soto uke zuki (ura & omote, right & left)
2. soto uke geri (ura & omote, right & left)
3. uchi age zuki (ura & omote, right & left)
4. uchi age geri (ura & omote, right & left)
5. tsuki nuki (soto, right & left)
6. tsuki nuki (uchi, right & left)
7. kiri nuki (soto, right & left)
8. kiri nuki (uchi, right & left)
9. katate okuri gote -> okuri gatamae (right & left)
10. okuri maki tembin (right & left)

kyu 3 -- embu

1. tenchi ken dai 1 (paired form)
2. ryusui geri (ushiro)
3. ryote yori nuki
4. ryuo ken dai 1 (paired form)
5. uwa uke zuki (omote)
6. gyaku gote -> mae yubi gatamae

kyu 2 -- embu

1. tsuki ten ichi ren hanko
2. han tenshin geri ren hanko
3. katate okuri gote, okuri yoko tembin, ura gatame
4. kiri gote (katate)
5. tenchi ken dai 2 (paired form)
6. johaku dori (ryote)

kyu 1 -- embu

1. tsubami gaeshi, ren hanko
2. soto oshi uke zuki, ren hanko
3. eri juji
4. sode maki
5. tsuki ten san ren hanko
6. maki gote (morote) -> tembin gatame (ura)

dan 1 -- embu

1. harai uke geri & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi
3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

dan 2 -- embu

1. tai ten 1 & keri ten san -- (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 -- (defense) 2 tsuki to jodan
3. ryu nage -> ryu gatamae
4. morote gyaku gote -- (offense) ippon se nage
5. shita uke geri kote nage -> tembin gatamae (ura)
6. uwa uke nage -> kannuki gatamae

dan 3 -- embu

1. kusshin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage -- (offense) ude ushiro neji nage
4. ryote katate nage -> kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi -> kannuki gatamae -- (offense) ashi barai

dan 4 -- embu

1. gedan gaeshi -> tobi ren geri
2. chudan gaeshi -> uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni

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