

dan 2 ()*

1. tsuki ten 1 – ren hanko: kusshin geri, kumade, sokuto geri
2. tai ten 1 – ren hanko: ura mawashi geri
3. idori gyaku gote or gyakute nage – ? gatamae
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko: jo-chudan zuki, kubi nage
6. jun geri chi 1 – ren hanko: shuto giri (or jodan zuki), soto uke, uchi uke/otoshi uke, mawashi geri
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage
10. keri ten 1, sukui kubi nage