

unity – techniques

balance – susume

- kuzushi – take (no balance)
- otoshi – let fall, break (weight)
- hazushi – throw (projection)

randori

1. kesshu
2. gassho
3. role(s) – kosha / shusha
4. kamae
5. hajime
6. yame
7. technique – wasari / yuko / muko

day 1

- gyaku gote ryuo nage, katate nage, yakute nage (sode uchi tembin)
- ryo ken dai ichi – sotai – uchi harai & soto uke / gyaku tenshin

day 2

- ten chi ken dai ichi ni san yon – sotai (hiza uke, gyaku ten shin uchi uke)
- embu – zan shin!
- ryusui geri, yoko tenshin, han tenshin, gyaku tenshin

day 3

- warming up with goho techniques (soft & controlled)
- chidori gaeshi, sui getsu gaeshi, mika zuki gaeshi
- (tsubami gaeshi)
- uchi uke dan zuki, uchi age zuki, soto uke zuki
- han getsu zuki, han getsu gaeshi / nage