

intro

- dan geri, juji ashi (right, left)
- tenchi ken 3, zen tenkan
- tobi geri (kinteki, jodan), soto uke, jodan zuki
- sashi kae ashi, jo chu niren zuki
- soku to geri (right, left), han tenshi, mae geri

so tai

1. tai ten 1, furi zuki, uraken zuki, kaishin zuki, mawashi geri
2. tenchi ken 2, finish: kote nage
3. furi zuki, kata guruma, oshi gote
4. fukko chi 2 (mawashi geri, jodan, sukui kubi nage)
5. katate nage (from standing up)
6. tsubami gaeshi, tobi komi geri, uwa uke (gyakute) nage

finale

- manji no kata