7kyu

Migi hanmi no kamae

Hidari hanmi no kamae

Seidza ho

Shikko ho (maia)

Shikko ho (ushiro)

Shikko ho (irimi)

Zempo kaiten ukemi

Koho kaiten ukemi 1

Koho kaiten ukemi 2

Zempo hiaku ukemi

Tai no henko 1

Tai no henko 2

Hiriki no yosei 1

Hiriki no yosei 2

Shumatsu dosa 1

Shumatsu dosa 2

Rendzoku dosa

Katate mochi shihonage 1

Katate mochi shihonage 2

Suw.w. shomen uchi ikkajo osae 1,2