1dan

Migi hanmi no kamae

Hidari hanmi no kamae

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

Shomen uchi ikkajo osae 1

Shomen uchi ikkajo osae 2

Katate mochi nikajo osae 1

Katate mochi nikajo osae 2

Shomen uchi sankajo osae 1

Shomen uchi sankajo osae 2

Katate mochi sokumen irimi nage 1

Katate mochi sokumen irimi nage 2

Yokomen uchi shomen iriminage 1

Yokomen uchi shomen iriminage 2

Ryuote mochi tenchi nage 1

Ryuote mochi tenchi nage 2

Shomen uchi yonkajo osae 1

Shomen uchi yonkajo osae 2

Shomen uchi kotegaeshi 1

Shomen uchi kotegaeshi 2

Mune mochi hijishime 1

Mune mochi hijishime 2

Ushiro waza ryote mochi sankajo osae 1

Ushiro waza ryote mochi sankajo osae 2

Katate mochi hijiate kokyu nage 1

Katate mochi hijiate kokyu nage 2

Suw.w. ryote mochi kokyu ho 1

Suw.w. ryote mochi kokyu ho 2