

Jo suburi 1-20

1. Choku tsuki
2. Gaeshi tsuki
3. Ushiro tsuki
4. Tsuki gedan gaeshi
5. Tsuki jodan gaeshi uchi
6. Shomen uchi komi
7. Renzoku uchi komi
8. Men uchi gedan gaeshi
9. Men uchi ushiro tsuki
10. Gyaku yokomen ushiro tsuki
11. Katate gedan gaeshi
12. Katate toma uchi
13. Katate hachi no ji gaeshi
14. Hasso gaeshi uchi
15. Hasso gaeshi tsuki
16. Hasso gaeshi uchiro tsuki
17. Hasso gaeshi uchiro uchi
18. Hasso gaeshi uchiro barai
19. Hidare nagare gaeshi uchi
20. Migi nagare gaeshi tsuki