

# 1 Kyu

## Tai no Henko

- Ki no Nagare – lang version

## Morote dori

- Variation 5

## Gyaku hanmi – katate dori

- Kokyu ho- kihon og ki no nagare

## Sode dori

- Kokyu ho
- Ikkyo – omote
- Nikyo – ura

## Suwari waza – yokomen uchi

- Gokyo- ura waza

## Yokomen uchi

- Kote gaeshi – ki no nagare
- Shiho nage– ki no nagare
- Irimi nage– ki no nagare

## Jiyu waza

## Osae– og nagewaza

## Kokyu nage

- Morote dori
- Ryo kata dori
- Ryote dori

## **Bukiwaza**

### **Ken**

- Suburi 1–7
- Shiho Giri
- Migi awase
- Hidari awase
- Go no awase
- Shichi no awase
- Happo giri

### **Jo**

- Suburi 1–20
- Sanjuichi no Jo
- Jusan no Jo