

**SABAKI:**

TAI SABAKI  
TE SABAKI

ASHI SABAKI  
KI SABAKI

**TAI SABAKI**

IIRIMI

USHIRO ASHI IIRIMI

MAE ASHI IIRIMI

TENKAN

USHIRO ASHI TENKAN

MAE ASHI TENKAN

TENSHIN

USHIRO ASHI TENSIN

MAE ASHI TENSIN

KAITEN

HITOEMI

**ASHI SABAKI**

HAKOBI ASHI IIRIMI  
TENKAN ASHI

YOSE ASHI TENKAN  
IRIMI ASHI

OKURI ASHI  
AYUMI ASHI  
HIKI ASHI

TSUGI ASHI  
FUMIKOMI ASHI  
TENKAN ( ASHI )

**UKEMI**

USHIRO UKEMI

YOKO UKEMI

KAITEN UKEMI  
(HANTACHI)

MAE  
USHIRO

KAITEN UKEMI

MAE  
USHIRO

CHOYAKU KAITEN UKEMI  
(HOJO)

GYAKU ASHI MAE KAITEN UKEMI

TAI HINERI MAE KAITEN UKEMI

**JIZEN DOSA**

IKKYO UNDOO

SHIHOO KIRI

SHIKKOO HOO

TAI no HENKOO

**SHOMENUCHI ( KIAWASE )**

- 1) AIAWASE
- 2) JOODAN KUZUSHI OMOTE, URA
- 3) CHUDAN KUZUSHI OMOTE, URA