

Bo Kihon



Waza

- 1) Shomen Uchi
- 2) **Chudan Tsuki**
- 3) Shomen Uchi
Chudan Tsuki
- 4) **Gedan Uke**
Gedan Nuki
Gedan Barai
Shomen Uchi
- 5) Jodan Nuki
Chudan Tsuki
- 6) **Chudan Ura Uchi**
Chudan Yoko Uchi
- 7) Migi/Hidari Chudan Gyaku Yoko Uchi
- 8) **Age Uchi (Shiko)**
Kaeri Uchi
Yoko Uchi
Shomen Uchi
- 9) Chudan Uchi (**Gyaku Mochi - Reverse Grip**)
Chudan Tsuki
Chudan Tate Uke
Mawashi Barai
Chudan Tsuki
- 10) **Jodan Ura Uke**
Jodan Nuki
Jodan Mawashi Uke
Kaeshi Uchi

Dachi

- Shiko Dachi
- Shiko Dachi**
- Shiko Dachi
- Shiko Dachi
- Kokutsu Dachi**
- Kokutsu Dachi**
- Shiko Dachi**
- Shiko Dachi**
- Zenkutsu Dachi
- Shiko Dachi
- Shiko Dachi**
- Shiko Dachi**
- Zenkutsu Dachi
- Zenkutsu Dachi**
- Kokutsu Dachi**
- Neko Ashi Dachi**
- Shiko Dachi**
- Shiko Dachi
- Shiko Dachi
- Shiko Dachi
- Shiko Dachi
- Shiko Dachi**
- Zenkutsu Dachi**
- Zenkutsu Dachi**
- Kokutsu Dachi**