



SAI KIHON

1. Chudan tsuki. Shizen dachi
Open(honte mochi), jodan barai. Shizen dachi
Kaeshi uchi. Shizen dachi
- Advanced waza add:
- Jodan kamae. Uki ashi dachi
Mawashi uchi. Shizen dachi
2. Gedan uke. Asai zenkutsu dachi
Renzoku tsuki. Uki ashi dachi, Shiko dachi
3. Number 1 + number 2.
4. Gedan uke. Asai zenkutsu dachi
Jodan uke. Shiko dachi
5. Morote chudan kamae. Shiko dachi
Morote gedan uke. Asai zenkutsu dachi
Morote jodan tsuki. Shizen dachi
6. Open(honte mochi), gedan kamae. Shizen dachi
Kosa Uke. Uki ashi dachi
Morote jodan uchi. Shizen dachi
7. Number 5 + number 6.
8. Open(honte mochi), gedan barai. Ippon dachi
Gedan uke. Asai zenkutsu dachi
Renzoku Tsuki. Uki ashi dachi, shiko dachi
9. Open(honte mochi), jodan barai. Kokutsu dachi
Kamae with rear hand.
10. Chudan uchi uke, gedan uke(issho). Shiko dachi
Gedan uke, jodan uke(issho). Shiko dachi