



1. Katadori Dai Ikkyo Omote
2. Katadori Dai Ikkyo Ura
3. Katadori Dai Nikyo Omote
4. Katadori Dai Nikyo Ura
5. Gyaku Hanmi Katatedori Shiho-nage Omote
6. Gyaku-Hanmi Katatedori Shiho-nage Ura
7. Shomen-uchi Dai Nikyo Omote
8. Shomen-uchi Dai Nikyo Ura
9. Yokomen-uchi Shiho-nage Omote
10. Yokomen-uchi Shiho-nage Ura
11. Suwari Waza Kokyu-ho