



Fundamentos:

- Ushiro Hanten Ukemi
 - Ushiro Kaiten Ukemi
 - Mae Kaiten Ukemi
 - Shikko
1. Shomen-uchi Dai Ikkyo Omote
 2. Shomen-uchi Dai Ikkyo Ura
 3. Ai Hanmi Katatedori Shiho-nage Omote
 4. Ai Hanmi Katatedori Shiho-nage Ura
 5. Shomen-uchi Irimi-nage Omote
 6. Shomen-uchi Irimi-nage Ura
 7. Suwari Waza Kokyu-ho