

**SHODAN**

1. Tenchi no Tachi (1 – 4)
2. Iwakuzshi (1/2)
3. Iwakzure
4. Inazuma
5. Dougiri
6. Katatekesagiri
7. Kesagiri kara dougiri
8. Torabashiri
9. Tate
10. Rentatsu
11. Nukiuchi

**NIDAN**

1. Kasumi
2. Itoma goi
3. Yari otoshi (1/2/3)
4. Hiryu (1/2)
5. Morotesagiri
5. Torabashiri Chudan
6. Rentatsu Chudan
7. Uke nagashi
8. Kotegeri (1)
9. Ryubi
10. Oiuchi
11. Shiraito

*Uchidachi (attacker)**Shidachi (defender)***SANDAN**

1. Inazuma Chudan
2. Kotegiri (2) Chudan
3. Kotegiri (3)
3. Sakategiri
4. Denkou
5. Sodesurigaeshi
6. Midare Niju
8. Tsubame Gaeshi
9. Kifutsu
10. Konoha Gakure

**YONDAN**

1. Rentatsu Okuden
2. Sakategiri Chuden
3. Sakategiri Okuden
4. Denko Chuden
5. Sode suri gaeshi Chuden
6. Ryubi Gaeshi
7. Suigetsu
8. Matsukaze

**GODAN**

1. Hoou
2. Inazuma Okuden
3. Torabashiri Okuden
4. Enren
5. Shinobu
6. Uzumaki
7. Uzushiho
8. Rannbu

**OMOTE**

1. Kotegiri
2. Suriage Suriotoshi 1/2
3. Kote Kiriage
4. Uchimo Kiri
5. Sen no Kotegiri 1/2
6. Men Suriage Men

**URA**

1. Kiriotoshi
2. Kote Kiraige
3. Suigetsu
4. Sen No Osae Otoshi
5. Sen No Makiotoshi
5. Sen No Kotegiri
6. Sandan Tsukisake,

**SONGYO KIHON GOKATA**

1. drop and cut do
2. sidestep block leg cut
3. run (etsu)
4. block push tsuka
5. mawari, cut 3 blocks kote

*Uchidachi (attacker)**Shidachi (defender)**RYU* – predict movement*SO* – cut tombo then follow*ETSU* – bait then cut**Set 1:***TEN* – 1 step (tsuki chest)*CHI* – no step (tsuki chest)*JIN* – pull back (tsuki chest)**Set 2:***TEN* – both sides (neck)*CHI* – no step (tsuki chest)*JIN* – pull back**IROHAUCHI**

1. Shikodachi (standing)

2. Mawari (circle)

3. Zengo (back &amp; forth)