

Kihon Renshu

1. Kata No Hogushi
2. Koshi No Kaiten
3. Kushin No Undo
4. Hiza No Kaiten
5. Koshi No Undo
6. Yubi Sake No Ude Tate Fuse
7. Kobushi No Ude Tate Fuse
8. Kushin No Hogushi
9. Shomen Tsuki
10. Renzoku Chudan Tsuki
11. Mae Geri No Undo
12. Hiza Age No Undo
13. Mae Geri
14. Shuto Uchi
15. Gyaku Tsuki
16. Jodan Uke
17. Ushiro Tsuki
18. Chudan Uchi Otoshi
19. Yoko Geri No Undo
20. Yoko Geri
21. Yoko Uraken
22. Gedan Barai - Chudan Tsuki
23. Yoko Tsuki
24. Mawashi Geri
25. Ushiro Geri
26. Ashi Sukui
- 26 a. Soto Uke
27. Ashi Barai
- 27 a. Hasami Uchi
28. Yonkai Uchi
29. Chudan Uke
30. Shuto Uke
31. Gedan Tsuki
32. Uke Kogeki (Ryote Uke Chudan Tsuki)
33. Ashi Uke
34. Renzoku Tsuki Geri
35. Fukin No Undo
36. Kubi No Undo
37. Shin Kokyu