

Zenshin Kotai

1. Shiko Dachi
2. Zenkutsu Dachi
3. Jodan Uke, Chudan Tsuki
4. Chudan Uke, Chudan Tsuki
5. Gedan Barai, Chudan Tsuki
6. Migi Jodan Tsuki, Hidari Chudan Tsuki
7. Hidari Jodan Tsuki, Migi Chudan Tsuki
8. Jodan Uke, Chudan Uchi Otoshi, Chudan Tsuki
9. Jodan Uke, Chudan Uke, Uraken, Gedan Barai, Chudan Tsuki
10. Sankai Tsuki
11. Chudan Uke Uraken
12. Ashi Barai
13. Mae Geri, Renzoku Tsuki
14. Oi Tsuki
15. Fumikomi Yoko Geri
16. Mae Geri, Yoko Geri, Ushiro Geri
17. Tobi Komi, Yoko Geri
18. Mawashi Yoko Geri, Ushiro Geri
19. Gyaku Tsuki, Yoko Geri, Renzoku Tsuki
20. Mae Geri, Kake Uke
21. Uke No Renshu
22. Neko Dachi
23. Shuto Uke, Neko Dachi
24. Mikasuki Geri, Yoko Geri
25. Taisabaki
26. Kinniku Gatame