

goho

chidori gaeshi

- **prepare:** *hiraki gamae*
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), me uchi, chudan zuki (mae san mae)
- **remarks:** *gedan geri (knee)*

furi ten 2

- **prepare:** *hiraki gamae*
- **offense:** jun furi zuki, gyaku furi zuki
- **defense:** soto oshi uke, uchi otoshi uke; sokuto geri (keri komi), juji ashi sagari
- **remarks:** *one side defense*

fukko chi 2

- **prepare:** *kneeling (fukko gamae)*
- **offense:** sashi komi ashi, mawshi geri, gyaku jodan zuki
- **defense:** soto uchi-uke, uchi uke, throw
- **remarks:** *stand up*

gedan gaeshi

- **prepare:** *hiraki gamae*
- **offense:** sashi komi ashi mawashi geri
- **defense:** harai uke, ura-mawashi (chudan)
- **remarks:** *same side, unlike harai uke geri*

gyaku geri chi 1

- **prepare:** *hiraki gamae*
- **offense:** me uchi, gyaku kinteki
- **defense:** uwa uke, ken uke, shita uke
- **remarks:** *like jun geri chi 1*

gyaku geri chi 3

- **prepare:** *tai gamae*
- **offense:** (1) gyaku kinteki, (2) shuto giri, chudan zuki
- **defense:** (1) ken uke, shita uke, (2) oshi uke, shita uke/uchi uke, jun geri
- **remarks:**

gyaku geri hiza uke (nami gaeshi)

- **prepare:** *hiraki gamae*
- **offense:** gyaku geri (chudan)
- **defense:** hiza uke (arms crossed), jun geri
- **remarks:** *like kinteki geri hiza uke*

gyaku ten 1

- *prepare:* *tai gamae*
- *offense:* gyaku jodan zuki, jun chudan zuki
- *defense:* uchi uke, harai uke, jun geri
- *remarks:*

han tenshin geri

- *prepare:* *hiraki gamae*
- *offense:* gyaku geri
- *defense:* han tenshin, jun geri (mawashi)
- *remarks:* *one move*

harai uke geri

- *prepare:* *hiraki gamae*
- *offense:* jun mawashi geri
- *defense:* mae kagi ashi, harai uke; gyaku geri
- *remarks:* *open up to expose yoko zanmai*

juji uke geri

- *prepare:* *tai gamae*
- *offense:* sashi komi mawashi geri
- *defense:* juji uke; mawashi geri
- *remarks:* *variant: with sambo uke*

jun geri chi 1

- *prepare:* *tai gamae*
- *offense:* (1) me-uchi, (2) kinteki geri
- *defense:* (1) uwa-uke, (2) ken-uke, shita uke
- *remarks:* *snake hand*

jun geri chi 3

- *prepare:* *hiraki gamae*
- *offense:* mae juji ashi, sokuto geri, uraken jodan, chudan 2 ren
- *defense:* hari uke, uwa uke, shita uke
- *remarks:* *??*

kaishin zuki

- *prepare:* *hiraki gamae*
- *offense:* gyaku jodan zuki
- *defense:* midari gamae, kakate, chudan zuki
- *remarks:* *many variations*

keri ten 1

- *prepare:* *hiraki gamae*
- *offense:* gyaku chudan zuki, mawashi geri

- **defense:** juji uke, take over, throw
- **remarks:** *push leg and neck*

keri ten 1

- **prepare:** *hiraki gamae*
- **offense:** gyaku chudan zuki, mawashi geri
- **defense:** juji uke, take over, throw
- **remarks:** *push leg and neck*

keri ten 3

- **prepare:** *hiraki gamae*
- **offense:** jo chu niren zuki, mawashi geri
- **defense:** uwa uke, shita uke, juji uke, mae geri
- **remarks:** *mae chidori ashi*

kinteki geri hiza uke (nami gaeshi)

- **prepare:** *tai gamae*
- **offense:** kinteki geri
- **defense:** hiza uke (arms crossed), kinteki geri
- **remarks:** *one move*

kon ten 1

- **prepare:** *hiraki gamae*
- **offense:** jun furi zuki, gyaku chudan zuki niren
- **defense:** oshi uke, shita uke/uchi uke, mae jun geri
- **remarks:** *doji geri, like tsuki ten 1*

kumade gaeshi

- **prepare:** *tai gamae*
- **offense:** jo chu 2 ren
- **defense:** hasso gamae, sticky shita uke, uwa uke, kumade
- **remarks:** *step in*

kusshin geri

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan geri
- **remarks:** *duck (outwards)*

kusshin zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uchi age uke, chudan zuki
- **remarks:** *duck (outwards)*

mawashi geri sambo uke

- **prepare:** *tai gamae*
- **offense:** mawashi geri
- **defense:** juji uke, sambo uke (knee up), mawashi geri
- **remarks:** *defend side*

ryusui geri (ushiro)

- **prepare:** *hiraki gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (open side), ichiji gamae, jun mae geri (chudan)
- **remarks:** *ushiro juji ashi*

ryusui geri (mae)

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** turn upper part (down), ichiji gamae, gyaku geri (chudan)
- **remarks:** *mae juji ashi*

shita uke geri

- **prepare:** *tai gamae*
- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, gyaku geri
- **remarks:** *immediately*

shita uke jun geri

- **prepare:** *hiraki gamae*
- **offense:** chudan gyaku zuki
- **defense:** hasso gamae, shita uke, jun geri
- **remarks:** *kani ashi*

soto oshi uke zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** soto oshi uke (outwards), chudan zuki, kumade zuki
- **remarks:** *step in*

soto uke geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** soto uke, chidori ashi, gyaku geri
- **remarks:** *or mae kagi ashi, mawashi geri*

soto uke zuki

- **prepare:** *tai gamae*

- **offense:** jodan gyaku zuki
- **defense:** soto uke zuki (ura), chudan zuki
- **remarks:** *same with omote jun zuki attack*

suigetsu gaeshi

- **prepare:** *hiraki gamae*
- **offense:** jun jodan zuki
- **defense:** taiki gamae, uchi uke (outside), chudan furi zuki (tsuri getsu)
- **remarks:** *gedan geri (knee), shoulder*

tanto furi age ryusui geri

- **prepare:** *gamae*
- **offense:** tanto, from upper side
- **defense:** ryusui geri
- **remarks:**

tanto tsuki komi shita uke zuki

- **prepare:** *gamae*
- **offense:** tanto, chudan
- **defense:** shita uke, uchi oshi uke (hit), zuki
- **remarks:**

tai ten 1

- **prepare:** *tai gamae*
- **offense:** jo chu niren zuki
- **defense:** han tenshin, uwa uke (*back*), shita uke (*soft*), mawashi geri (*middle*)
- **remarks:** *sticky, rotating*

ten kai ren geri

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki, uraken (step in, same hand)
- **defense:** kushshin geri, uwa uke, sokuto geri
- **remarks:** *step out, turn*

tenshin geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** mae ashi, keri age (gyaku)
- **remarks:** *step forward, ichijigamae*

tsubame gaeshi

- **prepare:** *hiraki gamae*
- **offense:** gyaku jodan zuki
- **defense:** taiki gamae, uchi uke, shuto giri, chudan zuki

- **remarks:** *one move*

tsuki ten 1

- **prepare:** *hiraki gamae*
- **offense:** jo chi niren zuki
- **defense:** uwa uke, shita uke/uchi uke), keri komi
- **remarks:** *move sideways, doji geri*

tsuki ten 2

- **prepare:** *gamae*
- **offense:** jo, jo niren zuki
- **defense:** uchi age, uchi otoshi
- **remarks:** *up and down*

tsuki ten 3

- **prepare:** *hiraki gamae*
- **offense:** jo chi 2-ren zuki, jodan choku zuki
- **defense:** uwa uke, shita uke (uchi uke), shita uke, keri komi
- **remarks:** *like tsuki ten 1*

uchi age zuki

- **prepare:** *tai gamae*
- **offense:** jodan jun zuki
- **defense:** uchi age (*back*), chudan zuki, jodan
- **remarks:** *duck under*

uchi uke geri

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** uchi uke, sokuto geri
- **remarks:** *lean backwards*

uchi uke zuki

- **prepare:** *tai gamae*
- **offense:** jodan gyaku zuki
- **defense:** uchi uke, chudan gyaku zuki
- **remarks:** *weight shift forwards, tai sabaki*

uwa uke geri

- **prepare:** *tai gamae*
- **offense:** shuto
- **defense:** uwa uke, jun geri
- **remarks:** *ichiji gamae*

uwa uke zuki

- **prepare:** *tai gamae*
- **offense:** gyaku furi zuki
- **defense:** uwa uke, chudan zuki, kumade zuki
- **remarks:** *step in*

yoko tenshin geri

- **prepare:** *tai gamae*
- **offense:** sashi komi ashi, gyaku geri
- **defense:** chudan gamae, (uchi) harai uke, keri kaeshi (jun geri)
- **remarks:** *step in*