

/ *youtube*

1. mawashi geri (2x?) (simultaan)
(G-A) tenchi ken dai 2 (sotai), (A-G) kote nage
2. (G-A) (A:kneeling) kote maki gaeshi (nage)
3. (G-A) hiza uke nami gaeshi,
ren hanko: ura ken, furi zuki, mawashi geri (both)
(A-G) jo chu niren zuki, ura ken, ... (???) nage
4. (A-G) chudan gaeshi, ren hanko, ippon se nage,
okuro nage
5. (G-A) tsubame gaeshi, hangetsu gaeshi (sukui kubi
nage)
6. (A-G) gedan gashi, ren hanko (ura mawashi), kiri
kaeshi gote
7. furi ten ni (G-A), ten chi ken 3 (G-A) (variant), (A-
G) furi ... nage