

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, ra-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*

kushshin geri

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

kushshin 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:** kusshin 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), keru 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, keru 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