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## embu

kyu 3

1. ryusui geri
2. uwa uke geri
3. kote nuki
4. gyaku gote
5. uchi uke zuki
6. shita uke geri
7. uwa uke zuki
8. katate yori nuki
9. ryote maki nuki
10. katate okuri gote

kyu 2

1. tsubame gaeshi
2. uchi uke geri
3. juji nuki (katate)
4. juji gote (katate)
5. han tenshin geri
6. juji uke geri
7. kiri kaeshi nuki (katate)
8. kiri gote (katate)
9. shita uke jun geri
10. tsuki ten 1

kyu 1

1. uchi uke zuki – ren hanko
2. soto uke zuki – ren hanko
3. sode nuki
4. sode dori
5. kusshin zuki – ren hanko
6. soto oshi uke zuki – ren hanko
7. kata muna otoshi
8. eri juji
9. ude maki
10. chidori gaeshi – ren hanko

dan 1

1. harai uke geri – ren hanko
2. kote maki gaeshi

3. tsubame gaeshi – ren hanko
4. maki gote (morote)
5. mawashi geri sambo uke nami gaeshi – ren hanko
6. okuri gote (ryote)
7. furi ten 2 – ren hanko
8. ude maki
9. keri ten 3 – ren hanko
10. oshi gote (ryote)

dan 2

1. tsuki ten 1 – ren hanko
2. tai ten 1 – ren hanko
3. idori gyaku gote or gyakute nage
4. uwa uke nage or uwa uke gyakute nage
5. kinteki geri hiza uke nami gaeshi – ren hanko
6. jun geri chi 1 – ren hanko
7. maki otoshi or soto maki otoshi
8. okuri hiji zeme
9. shita uke geri kote nage
10. keri ten 1, sukui kubi nage

dan 3

1. gedan gaeshi – ren hanko
2. chudan gaeshi – ren hanko
3. konoha okuri
4. ryo nage or soto maki tembin
5. mikazuki gaeshi or suigetsu gaeshi
6. sokuto geri hiki ashi nami gaeshi
7. sode maki or sode maki gaeshi
8. okuri tsuki taoshi or koshi kujiki
9. hangetsu gaeshi sukui kubi nage
10. kiri kaeshi gote or kiri kaeshi nage

dan 4

1. gedan gaeshi to tobi ren geri
2. gyaku geri chi san – ren hanko
3. okuri sode dori or okuri sode maki
4. omote nage or ura nage
5. chudan gaeshi to uchi uke zuki
6. dan geri sambo uke dan geri gaeshi
7. maki komi gote or morote kiri gote
8. ushiro eri dori or ushiro kubi nage
9. kaishin zuki to osae kannuki nage
10. hangetsu kubi nage