

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 & tsuki ten san
2. gyaku geri hiza uke name gaeshi & tsuki ten ichi

3. morote kiri gote (attack: ude ushiro neji age)
4. morote oshi nuki (attack: gyaku tembin)
5. chidori gaeshi kari ashi
6. kote maki gaeshi (continue: kannuki gatame)

dan 2

1. tai ten 1 & keri ten san – (defense) 3 ren ko: jodan, chudan zuki, mawashi geri
2. jun geri chi 3 & tsuki ten 2 – (defense) 2 tsuki to jodan
3. ryu nage → ryu gatamae
4. morote gyaku gote – (offense) ippon se nage
5. shita uke geri kote nage → tembin gatamae (ura)
6. uwa uke nage → kannuki gatamae

dan 3

1. kushin geri ten kai ren geri
2. mikazuki gaeshi kari ashi
3. morote kiri kaeshi nage – (offense) ude ushiro neji nage
4. ryote katate nage → kannuki gatamae
5. keriten 1 sukui nage
6. sode maki gaeshi → kannuki gatamae – (offense) ashi barai

dan 4

1. gedan gaeshi → tobi ren geri
2. chudan gaeshi → uchi uke zuki
3. kubi jime shuho juji nage
4. maki komi gote
5. oshi uke maki nage
6. hangetsu gaeshi sukui kubi nage, fukko chi ni