

Ken Suburi

Shodan

1. SHO MEN UCHI

2. KESA GIRI

HAPPO GIRI

Nidan

1. SHO MEN UCHI

2. HASSO GAESHI SHO MEN UCHI

3. WAKI KAMAE SHO MEN UCHI

4. SHO MEN UCHI KOMI

5. KESAGIRI

6. KURAI DACHI

7. TSUKI

HAPPO GIRI

Jo Suburi

Shodan

1. CHOKU TZUKI
2. KAESHI TSUKI
3. USHIRO TSUKI
4. TSUKI GEDAN KAESHI
5. TSUKI JODAN KAESHI
6. SHO MEN UCHI KOMI
7. RENZOKU UCHI KOMI
8. MENUCHI GEDAN KAESHI
9. MENUCHI USHIRO TSUKI
10. GYAKU YOKO MEN USHIRO TSUKI

Nidan

1. CHOKU TZUKI
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3. USHIRO TSUKI
4. TSUKI GEDAN GAESHI
5. TSUKI JODAN GAESHI
6. SHO MEN UCHI KOMI
7. RENZOKU UCHI KOMI
8. MENUCHI GEDAN GAESHI
9. MENUCHI USHIRO TSUKI
10. GYAKU YOKO MEN USHIRO TSUKI
11. KATATE GEDAN GAESHI
12. KATATE TOMA UCHI
13. KATATE HACHI NO JI GAESHI
14. HASSO GAESHI UCHI
15. HASSO GAESHI TSUKI
16. HASSO GAESHI USHIRO TSUKI
17. HASSO GAESHI USHIRO UCHI
18. HASSO GAESHI USHIRO ARAI
19. HIDARI NAGARE GAESHI UCHI
20. MIGI NAGARE GAESHI TSUKI