

KATA

<p>SHODEN NO WAZA</p> <ol style="list-style-type: none"> 1. MAE 2. MIGI 3. HIDARI 4. USHIRO 5. YAEGAKI 6. UKENAGASHI 7. KAISHAKU 8. TSUKEKOMI 9. TSUKIKAGE 10. OIKAZE 11. NUKIUCHI 	<p>CHUDEN NO WAZA</p> <ol style="list-style-type: none"> 1. YOKOGUMO 2. TORANOISSOKU 3. INAZUMA 4. UKIGUMO 5. YAMAOROSHI 6. IWANAMI 7. UROKOGAESHI 8. NAMIGAESHI 9. TAKIOTOSHI 10. MAKKO 	<p>OKUDEN NO SUWARI WAZA</p> <ol style="list-style-type: none"> 1. KASUMI 2. SUNEGAOKI 3. TOZUME 4. TOWAKI 5. SHIHOGIRI 6. TANSHITA 7. RYOZUME 8. TORABASHIRI <ol style="list-style-type: none"> 1. ITOMAGOI SONO ICHI 2. ITOMAGOI SONO NI 3. ITOMAGOI SONO SAN
<p>OKUDEN NO TACHI WAZA</p> <ol style="list-style-type: none"> 1. YUKIZURE 2. TSUREDACHI 3. SOMAKURI 4. SODOME 5. SHINOBU 6. YUKICHIGAI 7. SODESURIGAESHI 8. MONIRI 9. KABEZOI 10. UKENAGASHI 	<p>KUMITACHI NANAHON NO KATA</p> <ol style="list-style-type: none"> 1. DEAI 2. KOBUSHIDORI 3. ZETSUMIOKEN 4. DOKUMIOKEN 5. TSUBADOME 6. UKENAGASHI 7. MAPPO 	<p>TSUME AI KATA</p> <ol style="list-style-type: none"> 1. HASSO 2. KOBUSHIDORI 3. NAMIGAESHI 4. YAEGAKI 5. UROKOGAESHI 6. KURAYURUMI 7. TSUBAMEGAESHI 8. GANSEKIOTOSHI 9. SUIGETSUTO 10. KASUMIKEN 11. UCHIKOMI
<p>TORYU BANGAI GOHON NO KATA</p> <ol style="list-style-type: none"> 1. MAE 2. ARANAMI 3. KESAGURUMA 4. TAKIGURUMA 5. TATSUMAKI 	<p>TORYU BANGAI SANBON NO KATA</p> <ol style="list-style-type: none"> 1. HAYANAMI 2. RAIDEN 3. JINRAI <ol style="list-style-type: none"> 1. IPPON NO KATA 2. NIHON NO KATA 3. SANBON NO KATA 4. YONHON NO KATA 5. GOHON NO KATA 6. ROPPON NO KATA 7. NANAHON NO KATA 8. HACHIHON NO KATA 9. KYUHON NO KATA 10. JUPPON NO KATA 11. JUIPPON NO KATA 	<p>TOHO WAZA ZEN NIHON NO KATA</p> <ol style="list-style-type: none"> 1. MAEGIRI 2. ZENGOGIRI 3. KIRIAGE 4. SHIHOGIRI 5. KISSAKIGAESHI