

Tachi Dori

- 1. Ai hanmi ushiro kokyu nague**
- 2. Gyaku hanmi kotegaeshi**
- 3. Gyaku hanmi irimi nague**
- 4. Gyaku hanmi ude hishigui**
- 5. Gyaku hanmi hiji ate mae kokyu nague**
- 6. Gyaku hanmi shiraha dori**
- 7. Ai hammi ago ate ushiro kokyu nague**
- 8. Gyaku hanmi mae kokyu nague**
- 9. Ai hanmi dai sankyo**
- 10. Ai hanmi dai yonkyo**