

Buki – jo

Jo suburi

Tsuki no bu

Choku tsuki
Kaeshi tsuki
Ushiro tsuki
Tsuki gedan gaeshi
Tsuki jodan gaeshi

Men no bu

Shomen uchi komi
Renzoku uchi komi
Men uchi ushiro tsuki
Men uchi gedan gaeshi
Hidari yokomen ushiro tsuki

Katate no bu

Katate gedan gaeshi
Katate toma uchi
Katate hachi no ji gaeshi

Hasso gaeshi no bu

Hasso gaeshi uchi
Hasso gaeshi tsuki
Hasso gaeshi ushiro tsuki
Hasso gaeshi ushiro uchi
Hasso gaeshi ushiro barai

Nagare gaeshi no bu

Hidari nagare gaeshi uchi
Migi nagare gaeshi tsuki

Formagyakorlatok (kata)

13 no jo
22 no jo
31 no jo

1. Ju san no jo

1	choku tsuki	- okuri ashi
2	uke nagashi yokomen uchi	- ushiro tenshi ashi - ayumi ashi
3	uke nagashi	- ushiro tenshi ashi
4	choku tsuki	- okuri ashi
5	hasso gaeshi - hasso kamae	- irimi tenkan ashi
6	shomen uchi	- ayumi ashi
7	soto uke	- ushiro tenkan ashi
8	choku tsuki	- okuri ashi
9	ushiro tsuki gedan	- tsugi ashi ushiro
10	jodan gaeshi	- ayumi ashi ushiro
11	jodan tsuki	- okuri ashi
12	oroshi uke	- tsugi ashi ushiro
13	choku tsuki	- okuri ashi

2. Ni ju ni no jo

1	choku tsuki	- okuri ashi
	uke nagashi	- (ushiro tenshi ashi)
2	choku tsuki	- okuri ashi
	uke nagashi	- (ushiro tenshi ashi)
3	yokomen uchi	- ayumi ashi
4	gyaku yokomen uchi	- ayumi ashi
5	mawate és jodan tsuki	- mawatte
6	choku tsuki - fogásváltás	- ashi no fumikae mae
7	yokomen uchi	- ayumi ashi
8	gyaku yokomen uchi	- ayumi ashi
9	gyaku jodan tsuki	- (okuri ashi)
10	mawatte - kamae	- mawatte
11	jodan tsuki	- okuri ashi
12	choku tsuki – fogásváltás (hasso)	- ashi no fumikae mae
13	uke nagashi	- ushiro tenshi ashi
	yokomen uchi	- ayumi ashi
	gedan tsuki	- tsugi ashi ushiro
14	uchi age	- ayumi ashi
15	jodan tsuki (+oroshi)	- okuri ashi
16	choku tsuki	- okuri ashi
17	yokomen uchi gedan (iaihiza) ushiro tsuki	- ayumi ashi - féltérdre süllyesztés (iaihiza)
18	gedan gaeshi	- ayumi ashi
19	gedan tsuki	- okuri ashi
20	choku tsuki	- okuri ashi
21	jodan gaeshi	- ayumi ashi ushiro
22	choku tsuki	- okuri ashi

3. San ju ichi no jo

1	kaeshi tsuki	- okuri ashi
2	uke nagashi	- ushiro tenshi ashi
3	kaeshi tsuki	- okuri ashi
4	uke nagashi	- ushiro tenshi ashi
5	yokomen uchi	- ayumi ashi
6	gyaku yokomen uchi	- ayumi ashi
7	mawate shomen uchi	- mawatte
8	gyaku yokomen uchi	- ayumi ashi
9	gedan barai ushiro	- ushiro tenkan
10	uchi age	- ayumi ashi
11	gyaku yokomen uchi	- ayumi ashi
12	felkészülés a tsukire	- tsugi ashi ushiro
13	choku tsuki	- okuri ashi
14	uke nagashi	- ushiro tenshi ashi
15	yokomen uchi	- ayumi ashi
16	ushiro tsuki gedan	- tsugi ashi ushiro
17	gedan gaeshi	- ayumi ashi
18	felkészülés a tsukire	- tsugi ashi ushiro
19	choku tsuki gedan	- okuri ashi
20	yokomen uchi gedan	- ayumi ashi
21	(iaihiza) ushiro tsuki	- féltérdre süllyesztés (iaihiza)
22	jodan tsuki	- ayumi ashi
23	felkészülés a tsukire	- tsugi ashi ushiro
24	choku tsuki chudan	- okuri ashi
25	choku tsuki jodan	- okuri ashi
26	ushiro tsuki gedan	- tsugi ashi ushiro
27	gedan gaeshi	- ayumi ashi ushiro
28	jodan tsuki	- okuri ashi
29	felkészülés a tsukire	- tsugi ashi ushiro
30	choku tsuki	- okuri ashi
31	gyaku yokomen uchi	- ayumi ashi