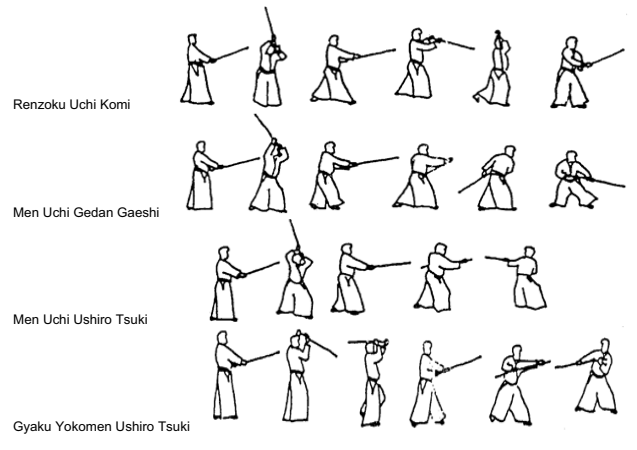
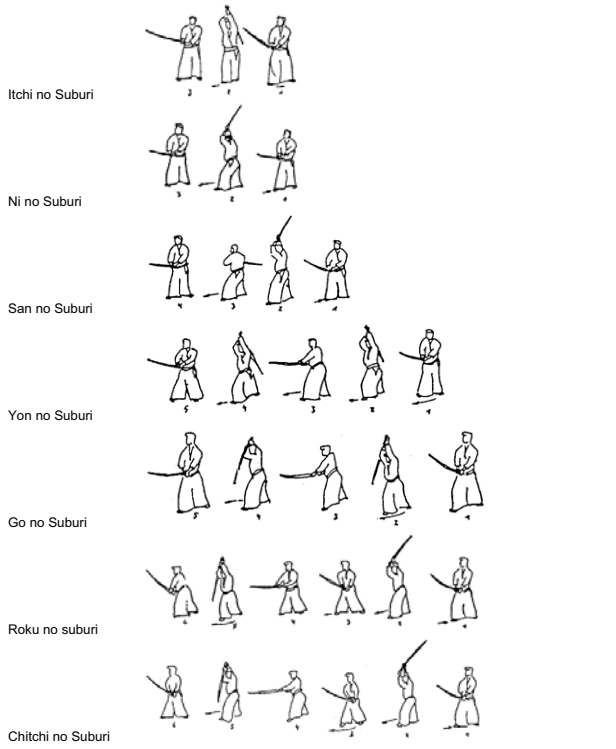


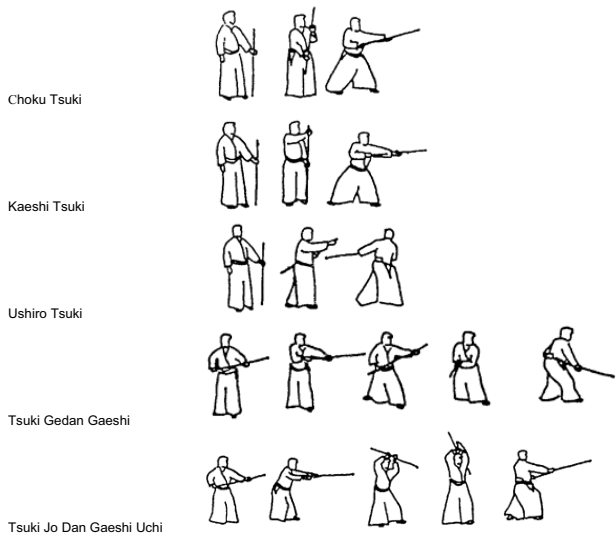
Ken Suburi 1 - 7



Jo Suburi 11 – 13: Katate Uchi

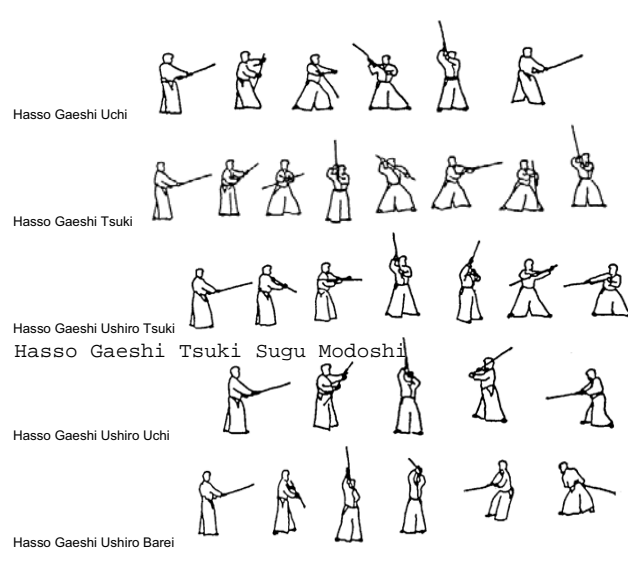


Jo Suburi 1 – 5: Tsuki



* Tsuki hayai gaeshi

Jo Suburi 14 – 18: Hasso Gaeshi



Jo Suburi 6 – 10: Uchi Komi



Hidari Nagare Gaeshi Uchi * Hidari Nagare Gaeshi Tsuki
 Migi Nagare Gaeshi Tsuki
 Hidari Nagare Gaeshi Uchi Migi Nagare Gaeshi Tsuki

* = Techniken, die neu dazu gekommen sind