

Japanese

Junbi Undo

1. Ashi saki o ageru undo
2. Kakato o ageru undo
3. Hiza o mawasu undo
4. Ashikubi o mawasu undo
5. Ashi o mae yoko ni nobasu undo
6. Ashi o mae uchi naname ni ageru undo
7. Tai o mae ni taosu undo
8. Koshi no nenten
9. Ude o mae yoko shita ni nobasu undo
10. Kubi no undo

Hojo Undo

1. Sokutou Geri
2. Shoumen Geri
3. Hajiki Uke, Hiraken Zuki
4. Mawashi Tsuki ●
5. Seiken Zuki
6. Uke Shuto Uchi Ura Uchi Shouken Zuki ●
7. Hiji Tsuki ●
8. Tenshin Zensoku Geri ●
9. Tenshin Kosoku Geri ●
10. Tenshin Shouken Zuki ●
11. Shomen Hajiki
12. Koi No Shippo Uchi Tate Uchi
13. Koi No Shippo Uchi Yoko Uchi

English

Preliminary exercises

1. Foot tip (toe) lifting exercise
2. Heel lifting exercise
3. Knee circle exercise
4. Foot neck (ankle) circle exercise
5. Leg to the front then side extending exercise
6. Leg front inward at an angle lifting exercise
7. Body to the front bring down exercise
8. Waist twisting exercise
9. Arm front side under extending exercise
10. Neck exercise

Supplemental Exercises

1. Foot-knife kick
2. Front kick
3. Snapping block flat-fist thrust
4. Round thrust
5. Correct-fist thrust
6. Block knife-hand back small-fist thrust
7. Elbow thrust
8. Body-turn front leg kick
9. Body-turn rear leg kick
10. Body-turn small-fist thrust
11. Front snap
12. Fish tail strikes vertical strikes
13. Fish tail strikes side strikes

日本語

準備運動

- 一、足先を上げる運動
- 二、踵を上げる運動
- 三、膝を回す運動
- 四、足首を回す運動
- 五、足を前横に伸ばす運動
- 六、足を前打ち斜めに上げる運動
- 七、対を前に倒す運動
- 八、腰野の捻転
- 九、腕を前横下伸ばす運動
- 十、首野を回す運動

補助運動

- 一、足刀蹴り
- 二、正面蹴り
- 三、弾き受け平拳突き
- 四、廻し突き●
- 五、正拳突き
- 六、受け手刀打ち裏打ち小拳突き●
- 七、肘突き●
- 八、転身前足蹴り●
- 九、転身後足蹴り●
- 十、転身小拳突き●
- 十一、正面弾拳
- 十二、鯉の尻尾打ち縦打ち
- 十三、鯉の尻尾打ち横打ち