	Zenkutsu Dachi	Koken Uke Jodan
		Koken Uke Chudan
		Koken Uke Gedan
		Koken Uchi Jodan
		Koken Uchi Chudan
		Koken Uchi Gedan
1. Kyu	Moro Ashi Dachi	Ryuto Ken Tsuki Jodan
		Ryuto Ken Tsuki Chudan
		Naka Yubi Ippon Ken Jodan
		Oya Yubi Jodan
		Oya Yubi Chudan
	Kokutsu Dachi	Kake Uke Jodan
		Kake Uke Chudan
	Zenkutsu Dachi	Haito Uchi Uke Chudan
		Haito Uchi Jodan
		Haito Uchi Chudan
		Haito Uchi Gedan
		Morote Haito Uchi Jodan
		Morote Haito Uchi Chudan
		Morot Heito Uke Chudan
	Kokutsu Dachi	Morote Kake Uke Chudan
		Osai Uke
1. Dan.	Sanchin Dachi	Toho Uchi Jodan
		Keiko Uchi
	Kibaq Dachi	Hiji Uke Chudan
		Hiji Uke Gedan
	Moro Ashi Dachi	Shuto Morote Uke Gedan
		Shotei Morote Uke Gedan