

36 Jyo Basics

<u>12 Kesa Basics</u>	<u>12 Shomenuchi Basics</u>	<u>12 Tsuki Basics</u>
1. KESA UCHI	1. NAGASHIUCHI	1. CHOKUZUKI
2. KESA UCHI	2. HARAIUCHITOSHI	2. KAESHIZUKI
3. MAKIOTOSHI (2 Variations)	3. KAESHIZUKI	3. HARAIZUKI
4. KATETE UCHIOTOSHI	4. MAKIOTOSHI 1	4. MAKIOTOSHI (2 Variations)
5. JYUNTE UCHIOTOSHI	5. MAKIOTOSHI 2	5. KAESHI UCHIOTOSHI 1
6. KAESHI UCHIOTOSHI (2 Variations)	6. JYUMONJI SURIOTOSHI 1	6. KAESHI UCHIOTOSHI 2
7. KAETEN UCHIOTOSHI 1	7. JYUMONJI SURIOTOSHI 2	7. MAKIUCHIOTOSHI (2 Variations)
8. KAETEN UCHIOTOSHI 2	8. OTOSHIZUKI 1	8. KESA UCHI (Jodan, Chudan, Gedan)
9. OTOSHIZUKI 1	9. OTOSHIZUKI 2	9. OTOSHIZUKI 1
10. OTOSHIZUKI 2	10. OTOSHIZUKI 3 (2 Variations)	10. OTOSHIZUKI 1
11. OTOSHIZUKI 3	11. KAITENUCHI OTOSHI (2 Variations)	11. KAETEN UCHIOTOSHI (2 Variations)
12. OTOSHIZUKI 4	12. KESAUCHI	12. KATATEUCHI