



KATATE DORI AI HANMI



KATATE DORI GYAKU HANMI



KATATE RYOTE DORI



RYOTE DORI



HIJI DORI



RYO HIJI DORI



SODE DORI



RYO SODE DORI



MUNE DORI



KATA DORI



KATA KATATE DORI



RYO KATA DORI



KATATE DORI MEN UCHI



USHIRO RYOTE DORI



KUBISHIME



USHIRO RYO HIJI DORI



USHIRO RYO KATA DORI



KAKAE DORI



MOROTE DORI



ERI DORI



SHOMEN UCHI



YOKOMEN UCHI



TSUKI



MAE GERI



MAWASHI GERI



YOKO GERI