

EXPRESSION TECHNIQUE

SERIE A



1. Katate-dori



2. Eri-dori



3. Mae-kubi-dori



4. Yoko-kubi-dori



5. Yoko-sode-dori

SERIE B



1. Mae-dori



2. Yoko-dori



3. Yoko-kubi-dori



4. Mae-dori



5. Hadaka-jime

SERIE C



1. Jodan-oi-tsuki



2. Shudan-gyaku-tsuki



3. Jodan-naname-shuto



4. Shudan-mae-geri



5. Shudan-mawashi-geri