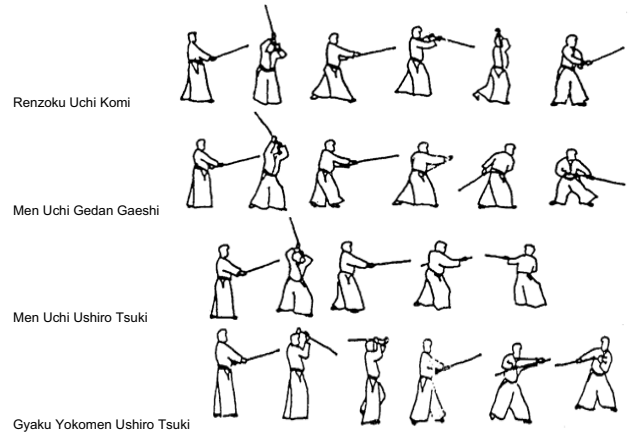
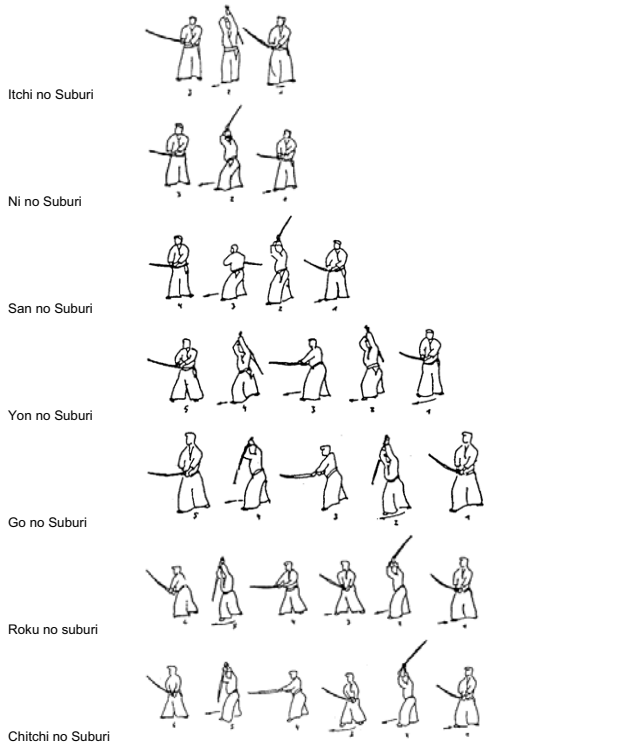


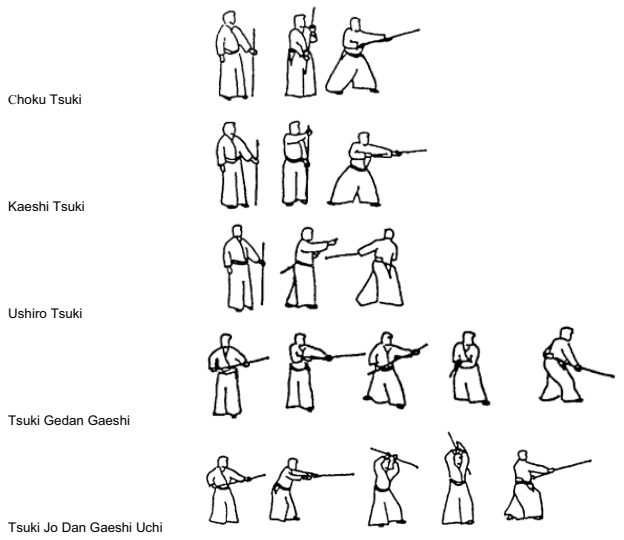
## Ken Suburi 1 - 7



## Jo Suburi 11 – 13: Katate Uchi



## Jo Suburi 1 – 5: Tsuki

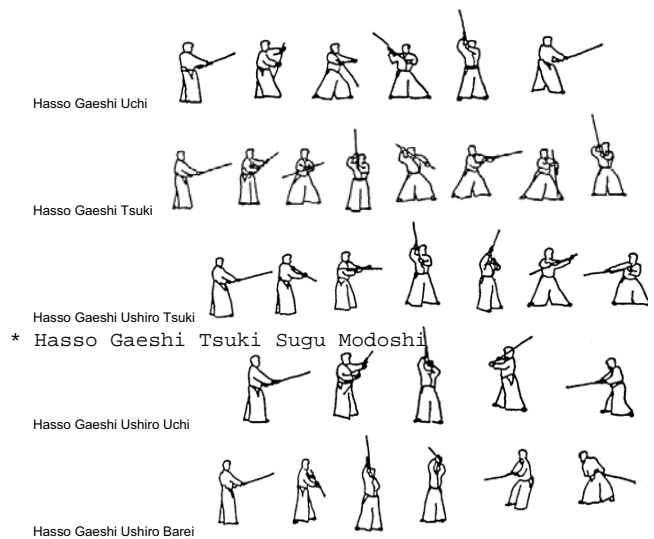


\* Tsuki hayai gaeshi

## Jo Suburi 6 – 10: Uchi Komi



## Jo Suburi 14 – 18: Hasso Gaeshi



Hidari Nagare Gaeshi Uchi \* Hidari Nagare Gaeshi Tsuki

Migi Nagare Gaeshi Tsuki

Hidari Nagare Gaeshi Uchi Migi Nagare Gaeshi Tsuki

\* = Techniken, die neu dazu gekommen sind