

No	Technics	Stance	Target	Rep	Direction
SONOBA KIHON (recommended)					
1	Choku zuki	Shizentai	Chudan Jodan	10* 10*	
2	Kizami zuki and Gyaku zuki	Zenkutsu dachi, left leg forward Zenkutsu dachi, right leg forward	Jodan and Chudan	10* 10*	
3	Mae geri	Heisoku-dachi, Right and Left	Chudan	10*	
4	Mae geri	Zenkutsu dachi, left leg forward	Jodan Chudan	5* 5*	
		Zenkutsu dachi, right leg forward	Jodan Chudan	5* 5*	
					* with
IDO KIHON - Tsuki waza					
5	Jun zuki (Oi zuki)	Zenkutsu dachi, left leg forward	Chudan	5 5	forwards backwards
6	Gyaku zuki	Zenkutsu dachi, left leg forward	Chudan	5 5	forwards backwards
IDO KIHON - Uke waza					
7	Age uke	Zenkutsu dachi, left leg forward		5 5	forwards backwards
8	Soto uke			5 5	forwards backwards
9	Gedan barai			5 5	forwards backwards
10	Uchi uke			5 5	forwards backwards
11	Shuto uke	Kokutsu dachi, left leg forward		5 5	forwards backwards
IDO KIHON - Keri waza					
12	Mae geri	Zenkutsu dachi, left leg forward	Jodan Chudan	5 5	forwards turn, then forward
13	Yoko keage	Kiba dachi, left leg forward (Other leg)	Jodan Jodan	3 3	forwards turn, then forward
14	Yoko kekomi	Kiba dachi, left leg forward (Other leg)	Chudan Chudan	3 3	forwards turn, then forward
15	Mawashi geri	Zenkutsu dachi, left leg forward	Jodan Chudan	5 5	forwards turn, then forward
16	Ushiro geri	Zenkutsu dachi, left leg forward	Jodan Chudan	5 5	forwards turn, then forward

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RENZOKU WAZA - Tsuki waza					
17	Jun zuki and Gyaku zuki	Zenkutsu dachi, left leg forward	Jodan and Chudan	5	forwards
				5	backwards
18	Sanbon zuki	Zenkutsu dachi, left leg forward	Jodan, then Chudan and Chudan again	5	forwards
				5	backwards
RENZOKU WAZA - Uke waza, Tsuki waza					
19	Age uke and Gyaku zuki	Zenkutsu dachi, left leg forward		5	forwards
				5	backwards
20	Soto uke and Gyaku zuki			5	forwards
				5	backwards
21	Gedan barai and Gyaku zuki			5	forwards
				5	backwards
22	Uchi uke and Gyaku zuki			5	forwards
				5	backwards
23	Shuto uke and Nukite	Kokutsu dachi, left leg forward		5	forwards
				5	backwards
RENZOKU WAZA - Uke waza, Tsuki waza, Uchi waza, Keri waza					
24	Age uke, Mae geri and Gyaku zuki	Zenkutsu dachi, left leg forward		5	forwards
				5	backwards
25	Soto uke, Kiba dachi enpi - Tate uraken and Gyaku zuki			5	forwards
				5	backwards
26	Gedan barai, Yoko uraken and Gyaku zuki			5	forwards
27	Uchi uke, Kizami zuki and Gyaku zuki			5	forwards
				5	backwards
28	Shuto uke, Kizami mae geri and Zenkutsu dachi nukite	Kokutsu dachi, left leg forward		5	forwards
				5	backwards
RENZOKU WAZA - Keri waza					
29	Mae geri - Yoke keage	Zenkutsu dachi, left leg forward	Chudan - Jodan	5	forwards
				5	turn, then forward
30	Mawashi geri - Yoko kekomi		Jodan - Chudan	5	forwards
				5	turn, then forward
31	Yoko keage and kekomi (same leg)		Jodan - Chudan	5	forwards
				5	turn, then forward

No	Technics	Stance	Target	Rep	Direction
RENZOKU WAZA - Keri waza, Tsuku waza, Uchi waza					
32	Mae geri, Kizami zuki and Gyaku zuki	Zenkutsu dachi, left leg forward		3	forwards
				3	turn, then forward
33	Yoko kekomi, Uraken and Gyaku zuki	Zenkutsu dachi, left leg forward		3	forwards
				3	turn, then forward
34	Mawashi geri, Gyaku zuki and Uraken	Zenkutsu dachi, left leg forward		3	forwards
				3	turn, then forward
35	Ushiro geri and Gyaku zuki	Zenkutsu dachi, left leg forward		3	forwards
				3	turn, then forward
COMBINATION					
36	7 - 8 - 9 - 10 - 11	Zenkutsu dachi, left leg forward		1	forwards
				1	backwards
37	7 - 8 - 9 - 10 - 11 (Gyaku hanmi)			1	forwards
				1	backwards
38	19 - 20 - 21 - 22 - 23			1	forwards
				1	backwards
39	24 - 25 - 26 - 27 - 28	Zenkutsu dachi, left leg forward		1	forwards
				1	backwards
40	32 - 33 - 34 - 35	Zenkutsu dachi, left leg forward		1	forwards
		Other side		1	Turn, then forward
41	24 - 32 - 25 - 33 - 26 - 34 - 27 - 35 - 28	Uke	Zenkutsu dachi, left leg forward	1	
	waza backward, Keri waza forward				
	Repeat	Other side		1	
42	Mae geri, Yoko keage and Ushiro geri	Zenkutsu dachi, left leg forward		3	sets
	Repeat	from free Kamae		3	sets
		Other side		3	sets
43	Create your own combination				
	Minimum 7 different techniques using Uke, Tsuki, Keri and Uchi waza, moving to any direction with any basic stances.				
	Then show application with partner.				
OTHER TECHNIQUES					
44	- Te waza				
	Kentsui (Tettsui), Uraken, Nukite, Enpi, Shuto uchi, Haitou uchi, Kagi zuki, Age zuki, Teishou, Yama zuki				
45	- Ashi waza				
	Uchi mawashi geri, Ura mawashi geri, Ushiro mawashi geri, Hiza geri, Nidan geri,				
46	- Uke				
	Sukui uke, Haiwan uke, Jyuji uke (Kousa uke), Morote uke, Kakiwake uke				
47	- Other				