

Kamae



ai hanmi



gyaku hanmi



(R) hanmi stance



'horse' stance



ken kamae



jodan



gedan



tsuki kamae



jo standing



hasso



low/high block



gedan



chudan tsuki



jodan

Attacks



shomen uchi



yokomen uchi



mune tsuki



gyakute dori



katate dori



ryote dori



ryokata dori



ushiro ryokata dori



kata dori



ushiro eri dori



ushiro te kubishime



ushiro ryote dori