

Junbi Undo / Hojo Undo

Bow-

Junbi Undo

Japanese

English

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|-------------------------------------|-------------------------|
| 1. Ashi Saki O Ageru | Toe Lift & Pivot |
| 2. Kagato O Agero | Heel Lift & Pivot |
| 3. Ashikubi O Mawasu | Knee lift, Foot Circles |
| 4. Hiza O Mawasu | Double Knee Circles |
| 5. Ashi Mae Yoko | Leg Lift & Turn |
| 6. Ashi O Mae Uechi Nanameni Nobasu | Straight Leg Kicks |
| 7. Tai O Mae Ni Taosu | Waist Scooping |
| 8. Koshino Nenten | Trunk Stretches |
| 9. Udeo Mae Yoko Shitani Nabaso | Arm Thrusts |
| 10. Kubi No | Neck Stretches |

Hojo Undo

Japanese

English

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| 1. Sokuto Geri | Blocks and Side Kicks |
| 2. Shomen Geri | Blocks and Front Kicks |
| 3. Mawashi Tsuki | Round House Punch |
| 4. (Hazuki Uke) Hiraken Tsuki | Hiraken Fist Block & Punch |
| 5. Shomen Tsuki | Forward (Straight) Punch |
| 6. Soto Uke, Shuto Uchi, Ura Uchi, Shoken Tsuki
(Shuto, Uriken, Shoken) | Block, Chop, Back-fist, One Knuckle Punch |
| 7. Higi Tsuki | Elbow Strikes |
| 8. Tenshin Zen Soku Geri | Tension Stepping, Kicking off the Front Foot |
| 9. Tenshin Ko Soku Geri | Tension Stepping, Kicking of the Back Foot |
| 10. Tenshin Shoken Nukite | Tension Stepping, Double Shokens |
| 11. Shomen Hajiki | Slide-step, Double Arm Thrust |
| 12. Koino Uchi, Shippo Uchi, Tatta Uchi | Four Way Wrist Blocks (Horizontal and Vertical) |
| 13. Koino Uchi, Shippo Uchi, Yoko Uchi | Horizontal Wrist Blocks (Fish Tail Blocks) |
| 14. Hiza Geri | Knee Strike |
| 15. Shinko Kyu | Deep Breathing |

Bow