

## 36 Jyo Basics by Shihan T.K. Chiba Sensei, 8. Dan

### 12 Kesa movements

1. Kesa Uchi 1
2. Kesa Uchi 2
3. Maki Otoshi 1 & 2
4. Kaete Uchi Otoshi
5. Jyunte Uchi Otoshi
6. Kaeshi Uchi Otoshi 1 & 2
7. Kaeten Uchi Otoshi 1
8. Kaeten Uchi Otoshi 2
9. Otoshi Tsuki 1
10. Otoshi Tsuki 2
11. Otoshi Tsuki 3
12. Otoshi Tsuki 4 & Variation

### 12 Tsuki movements

1. Choku Tsuki
2. Kaeshi Tsuki
3. Harai Tsuki
4. Maki Otoshi 1 & 2
5. Kaeshi Uchi Otoshi 1
6. Kaeshi Uchi Otoshi 2
7. Maki Uchi Otoshi 1 & 2
8. Kesa Uchi 1, 2, 3
9. Otoshi Tsuki 1
10. Otoshi Tsuki 2
11. Kaiten Uchi Otoshi 1 & 2
12. Katate Uchi

### 12 Shomen movements

1. Nagashi Uchi
2. Harai uchi Otoshi
3. Kaeshi Tsuki 1 & 2
4. Maki Otoshi 1
5. Maki Otoshi 2
6. Jumonji Suri Otoshi 1
7. Jumonji Suri Otoshi 2
8. Otoshi Tsuki 1
9. Otoshi Tsuki 2
10. Otoshi Tsuki 3 & Variation
11. Kaiten Uchi Otoshi 1 & 2
12. Kesa Uchi 1, 2, 3