

NAGE NO KATA : SONO ICHI

1. Kumite no kamae
2. Migi chudan mawashi-geri:
Hidari sune-uke, mawashi-uke, maki komi nage.
3. Migi mae-geri:
Step back, hidari soto-uke, migi cross okuri ashi, ura-nage.
4. Hidari chudan mawashi-geri:
Hidari sune-uke, mawashi-uke, maki komi nage.
5. Hidari mae-geri:
Step back, hidari gedan-barai, hidari cross okuri ashi, ura-nage (320)
6. Migi mawashi-geri:
Step back, irimi (back pos. 1), kubi-nage. (kubi: neck)
7. Hidari mae-geri:
Step back, hidari gedan-barai, hidari cross okuri ashi, ura-nage (360)
8. Hidari jodan mawashi-geri:
Step back, hidari cross okuri ashi, ura-nage.
9. Migi jodan mawashi-geri:
Step back, migi cross okuri ashi, ura-nage, (hold the head onto the thigh) kiba dachi.
10. Migi shuto-uchi, migi hiji oroshi uchi, kumite no kamae.