

NAGE NO KATA : SONO NI

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