

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.

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.

NAGE NO KATA : SONO SAN

1. Kumite no kamae.
2. Migi gedan mawashi-geri:
Hidari sune-uke, mawashi-uke (pos 1), migi hiza-geri x 2, maki komi nage.
3. Migi mae-geri, migi jodan tsuki:
Step back, hidari soto-uke, hidari jodan soto uke, migi cross okuri-ashi, Hidari hiza-geri, (back pos 1), migi hiza-geri, hikitaoshi (take down/throw down)
4. Hidari gedan mawashi-geri:
Hidari sune-uke, mawashi-uke (pos 2), hidari hiza-geri x 2, maki komi nage.
5. Hidari mae-geri, hidari jodan tsuki:
Step back, hidari gedan-barai, hidari shuto-uke, hidari cross okuri ashi, hidari hiza-geri, migi hiza-geri.
6. Migi jodan mawashi-geri:
Instep, jodan-uke, migi mawashi-geri, hidari jodan mawashi-geri, migi jodan ushiro mawashi-geri.
7. Hidari mae-geri:
Step back, hidari gedan-barai, migi gedan mawashi-geri (back pos 2), hidari hiza-geri, migi hiji uchi.
8. Hidari jodan mawashi-geri:
Step back, instep, migi gedan mawashi-geri (back pos. 2), hidari hiza-geri, migi hiza-geri, hikitaoshi (take down/throw down).
9. Migi jodan mawashi-geri:
Step back, migi okuri ashi, hidari gedan mawashi-geri (back pos. 1), migi hiza-geri, hidari hiza-geri, hikitaoshi (take down/throw down), hold the head onto the thigh, kiba dachi.
10. Migi shuto-uchi, step back, migi mawashi-geri, kumite no kamae.

NAGE NO KATA : SONO YON

1. Kumite no kamae.
2. Migi chudan mawashi-geri:
Hidari hiji/sune-uke, migi uchimomo-geri, Migi hiza-geri, maki komi nage.
3. Migi mae-geri:
Step back, hidari soto-uke, migi cross okuri ashi (back pos.1) hikitaoshi (take down/throw down), migi shuto uchi, migi hiji oroshiuchi.
4. Hidari chudan mawashi-geri:
Hidari hiji/sune-uke, hidari uchimomo-geri, hidari hiza-geri, maki komi nage.
5. Hidari mae-geri:
Step back, hidari gedan-barai, migi okuri ashi (back pos 2), hikitaoshi (take down/throw down), migi shuto uchi, migi hiji oroshi uchi.
6. Migi jodan mawashi-geri:
Instep, hidari jodan uke, migi uchimomo-geri, hidari uppercut, migi tsuki, migi mawashi-geri, (Kumite no Kamae again)
7. Hidari mae-geri:
Step back, hidari gedan-barai, migi-hidari-migi chudan sanbon-tsuki, Step migi no kamae, hidari ushiro mawashi-geri, hidari jodan mawashi geri
8. Hidari jodan mawashi-geri:
Step back, instep, migi gedan mawashi-geri, hidari gedan mawashi-geri, hidari jodan mawashi-geri, hikitaoshi (take down/throw down) . Turn 180
9. Migi jodan mawashi-geri:
Step back, migi okuri ashi, hidari gedan mawashi-geri, migi gedan mawashi-geri, migi jodan mawashi-geri, hikitaoshi (take down/throw down).
10. Migi shuto uchi, step back, migi gedan mawashi-geri, kumite no kamae.