

Blanche

Te-Hodoki

- 1) Jyunte Dori
- 2) Dosokute Dori
- 3) Gyakute Dori
- 4) Ryote Dori
- 5) Ryote Ippo Dori

Techniques

1. Robuse
2. Kote gaeshi
3. Tembim nage

Kihon

1. Oi Zuki
2. Gedan Barai
3. Age Uke
4. Shuto Uke
5. Mae Geri
6. Yoko Geri Kekomi

Kata

- 1) Heian Shodan