

IKKAJO GOTEN (HANZA HANDACHI WAZA)

Hanmi Nage **Jyunte Dori (Migi)**

Ura Otoshi **Jyunte Dori (Hidari)**

Izori **Ryote Dori (Mae)**

Kata Otoshi **Kubi Jime (Ushiro Migi)**

Shiho Nage **Jyunte Dori (Hidari)**

IKKAJO USHIRO DORI (USHIRO WAZA)

Gyaku Ude Dori **Ushiro Eri Dori**

Kiri Gaeshi **Ushiro Sode Dori**

Kiri Gaeshi **Ushiro Ryohiji Dori**

Gyaku Ude **Ushiro Shitate**

Kata Otoshi **Ushiro Kubi Jime**