

# TAI NO KATA

**Ryote Dori**

**Tenbim Nage/Ude Gake**

**Hachi Mawashi**

**Mae Eri Dori Mawashi Tsuki**

**Yuki Chigae/  
Mae Hiji Kudaki**

**Ushiro Uwate Dori**

**Kataha Otoshi**

**Mae kumi Tsuki**

**Hazu Oshi Sutemi**

**Tsuppari**