



TEN RYAKU NO MAKI

- KAMAE**
- Fudōza no Kamae
Seiza no Kamae
Hanza no Kamae
 - Shizen no Kamae
Hira no Kamae
 - Hira Ichimonji no Kamae
 - Ichimonji no Kamae
Seigan no Kamae
Hachimonji no Kamae
Bobi no Kamae
 - Doko no Kamae
 - Hichō no Kamae
 - Hoko no Kamae
 - Kōsei no Kamae
 - Jūmonji no Kamae

- TAIHEN JUTSU UKEMI GATA**
- Zenpō Kaiten
Suwari (Ryōte/Katate/Mute)
Tachi (Ryōte/Katate/Mute)
Hichō Kaiten
Kūten
 - Sokū Ho Kaiten
Suwari (Ryōte/Katate/Mute)
Tachi (Ryōte/Katate/Mute)
Ōten
 - Ushiro Kaiten
Suwari (Ryōte/Katate/Mute)
Tachi (Ryōte/Katate/Mute)
 - Zenpō Ukemi
Suwari (Ryōte/Katate/Mute)
Tachi (Ryōte/Katate/Mute)
 - Nagare (Mae/Ushiro/Yoko)
Jun Nagare
Gyaku Nagare
Tomoe
Kuruma

- SHIHŌ TENSHI TOBI**
- Shihō Tenshi Tobi
 - Shōten no Jutsu
 - Hōkō Jutsu
Soku Shin So Soku Hō
Hyōjō Hō Ko
Mu On No Hō
 - Shizen Gyō Un Ryū Sui
 - Ken Tai Ichi Jō

- JŪNAN TAISŌ RYŪTAI UNDO**
- Jūnan Taisō Ryūtai Undo
 - Jūnan Taisō Shin Kokyū Sanaden

- UKE NAGASHI**
- Jodan Uke
 - Chūdan Uke
 - Gedan Uke
- A - B - C - D - E

- TSUKI**
- Ichimonji no Kamae no Tsuki
 - Doko no Kamae no Tsuki

- TAI SABAKI**
(Mae/Ushiro/Yoko)
- Tora Aruki
 - Jūji Aruki
 - Moguri Gata

- TAIHEN JUTSU MUTŌ DORI GATA**
- Hira no Kamae
 - Ichimonji no Kamae
 - Jūmonji no Kamae

- SHOSHIN GOKEI GOGYŌ NO KATA**
(Gogyō/Sanshin no Kata)
- Chi no Kata
 - Sui no Kata
 - Ka no Kata
 - Fū no Kata
 - Kū no Kata

- KIHON HAPPŌ**
Kosshi Kihon Sanpō no Kata
- Ichimonji no Kata
 - Jūmonji no Kata
 - Hichō no Kata

- TORITE KIHON KATA GOHŌ**
(Gohō no Kata)
- Omote Gyaku
 - Omote Henka
Omote Gyaku to Tsuki
 - Ura Gyaku
Hon Gyaku
 - Musō Dori
Ganseki Nage
 - Musha Dori
Oni Kudaki

- HŌ KEN JŪ ROPPŌ**
- Fudō Ken (Kongo Ken)
 - Shutō Ken (Kiten Ken)
 - Boshi Ken (Shitō Ken)
 - Shitan Ken
Gyokaku Ken
Shishitan Ken
Shu Ken
Sanshitan Ken
 - Shikan Ken
 - Sokki Ken
 - Shuki Ken
 - Soku Yaku
 - Soku Gyaku
 - Shishin Ken
 - Shako Ken
 - Happa Ken
 - Kikaku Ken (Zu Tsuki)
 - Koppō Ken
 - Tai Ken
 - Shizen Ken

- KYŪSHO**
- Akiretsu
 - Amado
 - Asagasumi
 - Bitei Kotsu
 - Buda (Kobura)
 - Butsumetsu
 - Denko
 - Dokko
 - Gankotsu (Kakon)
 - Ganmen
 - Getsuei
 - Gorin
 - Hadome
 - Hayashi
 - Hiji Hoshi (Seitaku)
 - Hiryūran (Ryūgan)
 - Hiza
 - Inazuma
 - Jakkin
 - Jinchū
 - Jūjiro
 - Kage (Kinketsu)
 - Kaku
 - Kappō
 - Kasumi (Rangiku)
 - Kata Hoshi
 - Keichū
 - Kimōn (Ura/Omote)
 - Kin
 - Kin Teki
 - Koe
 - Kote
 - Kubite (Tekubi)
 - Kurubushi
 - Kyokotsu
 - Matsukaze
 - Matsukaze
 - Menbu
 - Murasame
 - Nagare
 - Omote Gyaku
 - Ryūfū
 - Ryūge
 - Ryūmon
 - Sai (Nasai)
 - Shichibatsu
 - Suigetsu
 - Suzu (Kosei)
 - Tentō
 - Toki (Kyokei)
 - Tsune
 - Tsuyu Gasumi
 - Uko
 - Ura Gyaku
 - Usai
 - Usai (2)
 - Ushiro Getsuei
 - Ushiro Inazuma
 - Yaku
 - Yūgasumi

CHI RYAKU NO MAKI

- HAJUTSU KYŪ HŌ**
(Aite to Kumu Kokoro Gamae)
- Te Hodoki (Katate/Ryōte)
 - Tai Hodoki
 - Oya Goroshi
 - Ko Goroshi
 - Koshi Kudaki
 - Happō Keri
 - Keri Gaeshi
 - Keri Kudaki
 - Ken Kudaki
 - Henka Kudaki

- TORITE KIHON DORI NO KATA**
- Omote Gatame (6)
 - Ura Gatame (5)
 - Suwari Kata
Ichi Geki
Osae Komi

- HENKA**
- Jō Wan Ori
 - Hiji Ori
 - Zen Wan Ori
 - Kubi Ori

- HAPPŌ KERI HENKA**
- Sukui Keri (6)
 - Hitō
 - Kappi
 - Kompi
 - Jūmonji
 - Keri Sukui
 - Ashi Dome

- GYAKU WAZA**
- Take Ori (Omote/Ura)
 - Omote Gyaku
 - Ura Gyaku
 - Hon Gyaku
 - Oni Kudaki Omote
 - Oni Kudaki Ura
Gyaku Musha Dori
 - Musō Dori
Gyaku Musō Dori
 - Ō Gyaku

- NAGE WAZA**
- Ō Soto Gake
 - Harai Goshi
 - Gyaku Nage
 - Ganseki Nage
 - Uchi Mata
Uchi Gake
 - Hane Goshi Nage
 - Taki Otoshi
 - Itami Nage
 - Tachi Nagare
Yoko Nagare
Kuruma
Te Makura
Tomoe Nage

- HENKA**
- Uzumaki
 - Seoi Nage (Ryōte/Katate)
 - Kuki Nage

- SHIME WAZA**
- Hon Jime
 - Gyaku Jime
 - Itami Jime
 - Sankaku Jime
 - Dō Jime

- KERI WAZA**
- Soku Hō Geri
 - Omote Keri
 - Suihehi Keri
 - Kōhō TENCHIJIN GERI
 - Kagi Ken (Kōken)
 - Ashi Barai
Tenken
 - Sokki Hentenken
 - Te Dama Dori
 - Ashi Rau (Sha Ha Ashi)

JIN RYAKU NO MAKI

- SUWARI GATA**
- Ichi Geki
 - Osae Komi
 - Ude Ori

- TORITE GATA**
- Ate Nage (2)
 - Settō
 - Gokuraku Otoshi (2)
 - Shizen
 - Kōi
 - Sotō (2)
 - Ransetsu
 - Hitō
 - Chigoku Otoshi (3)
 - Hōteki (2)
 - Yume Makura (3)
 - Fudō (2)

- SHIME GAESHI**
- Kana Shibari
 - Tengu Dori
 - Ketsu Myaku
 - Tai Jime
 - Ryōte Gake

- TSUKI/KERI GATA**
- Kōyoku
 - Hissaku (A/B/C)
 - Setsu Yaku
 - Mū San (A/B)
 - Gekkan
 - Katamaki
 - Hibari
 - Keta Oshi
 - Shi Hō Dori
 - Moguri Dori
 - Kokū
 - Renyo
 - Gyaku Nagare (Saka Nagare)
 - Kasa Sagi
 - Kō (Hanetsurube)

- NAGE KAESHI**
- Ōkyō
 - Zu Dori
 - Fū Kan
 - Sei On
 - Ugari

- KERI NI TAISHITE**
- Koto
 - Huko (2)

- HAIBU YORI**
- Shi Sai
 - Sakketsu
 - Kin Kudaki
 - Teiken

- MUTŌ DORI GATA**
- Ken Nagare

- TONSŌ NO KATA**
- Kata Ude Tonsō no Kata
 - Sayu Tonsō no Kata
 - Kubi Suji Tonsō no Kata
 - Atekomī Tonsō Gata
 - Kote Uchi Tonsō Gata
 - Migi Uchi Tonsō Gata
 - Sayu Kumogakure no Kata
 - Kosei Kirigakure Gata
 - Happō Kirigakure

BUKI WAZA

- HANBŌ JUTSU**
Kamae
- Hira Ichimonji no Kamae
 - Tate no Kamae
 - Munen Musō no Kamae
 - Otonashi no Kamae
Shizentai no Kamae
 - Kage no Kamae

- Tsuki no Furi*
- Katate Tsuki
 - Hanbō no Furi
 - Katate Furi
 - Hachimonji Buri

- Hanbo Jutsu no Uke Nagashi (Aruki Waza)*
- Waki Uchi
Naname Ushiro Omote
Naname Mae Omote
Naname Mae Ura
 - Mawashi Kote Uchi
Omote/Ura
 - Kote Uchi
Omote/Ura

- Hanbo Jutsu no Waza*
- Kyokotsu Kudaki
 - Hon Gyaku Dori
 - Omote Gyaku Dori
 - Ura Gyaku Dori
 - Take Ori
 - Tsuke Iri
 - Koshi Ori
 - Ganseki Otoshi
 - Oni Kudaki Omote
Oni Kudaki Ura
 - Kote Gaeshi
 - Gyaku Otoshi
 - Ko Kudaki
 - Kasumi Gake
 - Kote Harai

- TANTŌ JUTSU**
Kamae
- Shizen no Kamae
 - Jūmonji no Kamae
 - Musō no Kamae
 - Ichi no Kamae

- Tantō Jutsu no Gogyō*
- Chi no Kata
 - Sui no Kata
 - Ka no Kata
 - Fū no Kata
 - Kū no Kata

- SHOTŌ JUTSU**
Kamae
- Seigan no Kamae
 - Naka Seigan no Kamae
 - Otonashi no Kamae
Shizentai no Kamae

- Shotō no Waza*
- Hichō no Ken
 - Shishi Geki
 - Jūji Ken

- KUNAI JUTSU**
Kamae
- Sayu Shizen no Kamae
 - Jūmonji no Kamae
 - Kagete no Kamae
 - Mizu Tori no Kamae
 - Ichi no Kamae
 - Seigan no Kamae
 - Ten no Kamae

- Juppō Sesshō no Waza*
- Kiri no Hito Ha (2)
 - Rakka
 - Mizu Tori
 - Gorin Kudaki
 - Mawari Dori

- BIKEN JUTSU**
Kamae
- Jodan no Kamae
 - Seigan no Kamae
 - Chūdan no Kamae
 - Hassō no Kamae
 - Gedan no Kamae
 - Ichi no Kamae (2)

- Nuki Gatana*
- Yoko Nuki Gatana
 - Tate Nuki Gatana
 - Hontai Nuki Gatana

- Happō Kiri*
- Kiri Age
 - Tentō Giri
 - Dō Giri
 - Kesa Giri
 - Gyaku Kesa Giri

- Biken Jutsu no Waza*
- Tsuki Komi
 - Tsumi Kake
 - Kiri Age

- Kiri Sage
- Kinshi (Kasugai Dome)
- Kochō Gaeshi
- Shi Hō Kiri
- Happō Kiri
- Tsuki no Wa

- BŌ JUTSU**
Kamae
- Jodan no Kamae
 - Chūdan no Kamae
 - Gedan no Kamae
 - Ichimonji no Kamae
 - Hira Ichimonji no Kamae
 - Ihen no Kamae
 - Seigan no Kamae
 - Tenchijin no Kamae
 - Heitō no Kamae

- Kihon Kyūhō*
- Sukui Age
 - Hataki Taoshi
 - Ashi Barai
 - Hane Taoshi
 - Kuri Dashi
 - Zango Nagi
 - Sashi Chigai
 - Tobi Kiri
 - Nagi Taoshi

- Bō no Kihon Gata*
- Kihon Ukemi Gata
 - Ashi Barai
 - Shiho Bō Furi
 - Men Uchi Harai
 - Tsuki Hane

- Bō no Waza*
- Gohō
 - Ura Gohō
 - Sashi Ai
 - Fune Bari
 - Tsuru no Issoku
 - Ura Issoku

- Bō no Uchi*
- Age Uchi
 - Kasumi Uchi
 - Tentō Uchi
 - Dō Uchi
 - Ashi Barai
 - Kote Uchi
 - Toki Uchi
 - Tsuki
 - Fūri
 - Men Uchi
 - Sune Uchi
 - Yoko Men Uchi
 - Tsuki Gyakute
 - Hane Age

- Yari no Kihon Gata*
- Tate no Kamae
 - Jodan no Kamae
 - Ryūsui no Kamae
 - Seigan no Kamae
 - Chūdan no Kamae
 - Taihen no Kamae
 - Gedan no Kamae

- Yari no Waza*
- Kanpō
 - Shihō Waza
 - Hichō Haku
 - Hito Tsuki Ai (Hito Tsuki Yaku)
 - Itto Santo (Ichū Santō)
 - Hassai (Hissaku)
 - Hisō
 - Ten Chi Kaku

- JŌ JUTSU**
Kamae
- Ihen no Kamae
 - Ichimonji no Kamae
 - Gedan no Kamae
 - Chūdan no Kamae
 - Tenchi no Kamae
 - Hira Ichimonji no Kamae
 - Tate Jō no Kamae
 - Seigan no Kamae

- Shoden no Kata*
- Jūmonji no Kata (2)
 - Roppō no Kata
 - Kyūhō no Kata
Kyūhō Kaeshi no Kata
 - Hiryū no Kata
 - Tsuki Iri no Kata
 - Ude Gake no Kata
 - Kote Gaeshi no Kata
 - Tachi Otoshi no Kata