

Opening ceremony



1. Ryote-Dori

First serie: grasping, embracing



Defence: Shuto-Uchi, Kote-Mawashi, Wake-Gatame.

2. Hidari-Eri-Dori



Defence: Uraken-Uchi, Ude-Osae-Gatame.

3. Migi-Eri-Dori



Defence: Ura-Tsuki, Kote-Gaeshi.

4. Kata-Ude-Dori



Defence: Yoko-Geri, Waki-Hiji-Gatame.

5. Ushiro-Eri-Dori



Defence: Gyaku-Tsuki, Hiji-Gatame.

6. Ushiro-Jime



Defence: Gyaku-Ude-Osae-Gatame.

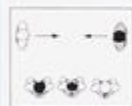
7. Kakaie-Dori



Defence: Fumikomi-Kagato-Geri, Hiji-Otoshi.

16. Furi-Age

Fourth serie: stick attacks.



Defence: Age-Uke, Tenho Tsuki, O-Soto-Gari.

17. Furi-Age



Defence: Tetsui-Uchi, Shuto.

18. Morote-Tsuki



Defence: Osae Hiji-Otoshi.

8. Naname-Uchi

Second serie: blows, punches and kicks (Atemi-Waza).



Defence: Age-Tsuki, grasping throat, O-Soto-Otoshi.

9. Age-Tsuki



Defence: Hiji-Otoshi.

10. Ganmen-Tsuki



Defence: Oi-Tsuki, Ushiro-Hadaka-Jime.

11. Mae-Geri



Defence: Age-Ashi-Dori.

12. Yoko-Geri



Defence: Gedan-Ibarai, Kiri-Otoshi.

13. Tsukkake

Third serie: armed knife attacks (Bu-Ki-No-Bu Tanto).



Defence: Taisho-Uchi, Osae-Ude-Gatame.

14. Choku-Tsuki



Defence: Gyaku-Tsuki, Wake-Gatame.

15. Naname-Tsuki



Defence: Kote-Gaeshi.

19. Shomen Tsuki

Fifth serie: gun threat.



Defence: pulling the gun out of the hand.

20. Koshi-Gamae



Defence: (Kuzure-Kote-Gaeshi).

21. Haimen-Tsuki



Defence: disarming.