

36 Jyo Basics

Kesa

1. Kesa #1
2. Kesa #2
3. Makiotoshi #1, #2
4. Kaete uchiotoshi
5. Junte uchiotoshi
6. Kaeshi uchiotoshi #1, #2
7. Kaiten uchiotoshi #1
8. Kaiten uchiotoshi #2
9. Otoshizuki #1
10. Otoshizuki #2
11. Otoshizuki #3
12. Otoshizuki #4

Tsuki

1. Chokuzuki
2. Kaeshizuki
3. Haraizuki
4. Makiotoshi #1, #2
5. Kaeshi uchiotoshi #1
6. Kaeshi uchiotoshi #2
7. Makio uchiotoshi #1, #2
8. Kesa uchi #1, #2, #3
9. Otoshizuki #1
10. Otoshizuki #2
11. Kaiten uchiotoshi #1, #2
12. Katate uchi

Shomenuchi

1. Nagashi uchi
2. Harai uchiotoshi
3. Kaeshizuki
4. Makiotoshi #1
5. Makiotoshi #2
6. Jumonji suriotoshi #1
7. Jumonji suriotoshi #2
8. Otoshizuki #1
9. Otoshizuki #2
10. Otoshizuki #3
11. Kaiten uchiotoshi #1, #2
12. Kesa uchi #1, #2, #3