

IKKYU

JU-JITSU

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| 1. Front Choke | Sode Tsurikomi Goshi - Body Slam |
| 2. Front Choke | Rear Hadaka Jime |
| 3. Double Wrist | Judo Lock Otoshi, A & B |
| 4. Front Headlock | Twisting Sutemi Gatame |
| 5. Straight Lapel | Maki Geashi |
| 6. Right Blow (Age Uke) | Twisting Sutemi Gatame |
| 7. Right Blow (Age Uke) | Maki Geashi |
| 8. Right Blow (Age Uke) | Seoi Nage - Drop Seoi Nage |
| 9. Right Blow | Kneeling Ippon Seoi Nage |
| 10. Right Blow | Tama Guruma |
| 11. Hammer Lock (Police) | Alligator Otoshi |
| 12. Rear Hug (Pin) | Ippon Seoi Nage - Kouchi Gari |
| 13. Rear Hug (Pin) | Ippon Seoi Nage - Koshi Guruma |
| 14. Rear Hand Choke | Double Wing Lock - Ippon Seoi Nage |
| 15. Leg Trip | Osoto Guruma |
| 16. Left Headlock | Ashi Guruma |
| 17. Leg Drive | Nelson Spin |
| 18. Right And Left | Front Thunderbolt |
| 19. Right And Left | Reverse Thunderbolt |
| 20. Right And Left | Lightning Throw - Kata Ha Jime |

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RANDORI PLAYS

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|-----------------------------------|------------------------------|
| 1. Seoi Nage | Kouchi Gari |
| 2. Uchi Gari | Kouchi Gari |
| 3. Uchi Mata | Kouchi Gari |
| 4. Kouchi Gari | Harai Goshi |
| 5. Kouchi Gari | Hane Goshi |
| 6. Hane Goshi | Ura Nage |
| 7. Kouchi Gari | Ouchi Gari |
| 8. Uchi Gari | Uchi Mata |
| 9. Uchi Mata | Harai Goshi |
| 10. Ogoshi | Harai Goshi |
| 11. Okuri Ashi Harai (Feint Left) | Harai Goshi |
| 12. Okuri Ashi Harai (Left) | Tai Otoshi |
| 13. Okuri Ashi Harai (Right) | Sode Tsurikomi Goshi |
| 14. Tsurikomi Goshi | Sode Tsurikomi Goshi |
| 15. Tsurikomi Goshi | Tsurikomi Leg Drive |
| 16. Sasae Tsurikomi Ashi (Left) | Sasae Tsurikomi Ashi (Right) |
| 17. Sasae Tsurikomi Ashi | Uki Waza |
| 18. Ippon Seoi Nage Leg Drive | Ura Nage |
| 19. Seoi Nage Leg Drive | Osoto Gari |
| 20. Seoi Nage Leg Drive | Osoto Gari - Tomoe Nage |

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AIKIDO

1. Wrist Hold	Kote Mawashi
2. Front Choke	Kote Mawashi
3. Front Choke	Pivot Otoshi
4. Double Wrist	Pivot Otoshi
5. Right Blow	Pivot Otoshi
6. Sleeve Hold	Sumi Otoshi
7. 2 On 1 Rear Elbow	Sumi Otoshi
8. Right Blow	Sumi Otoshi
9. Straight Right	Sumi Otoshi
10. Rear Double Wrist	Cross Otoshi
11. Rear Hug (Pin)	Cross Otoshi
12. Double Wrist	Shiho Nage
13. Right And Left	Uki Otoshi
14. 2 On 1 Rear Elbow	Irimi Nage (Neck)
15. 2 On 1 Rear Elbow	Irimi Nage (Body)
16. Right Cross	Collar Drag
17. Rear Hug (Pin)	Twist Otoshi
18. Wrist Hold	Ude Tori Otoshi
19. Right Blow	Kote Mawashi Otoshi
20. Front Headlock	Kote Mawashi Otoshi (Nerve Touch)

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WEAPON DEFENSE

CLUB

1. Jodan Juji Uke - Elbow Break - Inside Arm Twist
2. Jodan Juji Uke - Ulna Press - Bar Flex Single
3. Age Uke - Kote Maki Tori - Club Hadaka Jime
4. Ippon Seoi Nage - Front Kneeling Bar
5. Ippon Seoi Nage - Club Yawara

KNIFE

1. Fumi Komi - Deashi Harai - Uraken
2. Migi Gedan Barai - Mawashi Geri - Kosoto Gari - Tsuki
3. Soto Ude Uke - Hiji - Osoto Gari
4. Gedan Juji Uke - Cross Twist To Mat - Front Flex
5. Gedan Juji Uke - Reverse Armbar To Mat - Bar Flex Single
6. Stomach Bar - Kosoto Gari - Rear Kneeling Bar - Bar Flex Single
7. Nagashi Uke - Kote Geashi - Yubi Tori
8. Shiho Nage - Submission
9. Rear - Hidari Gedan Barai - Sake Nuke
10. Throat Rear - Fumi Komi - Wrist Grab - Ippon Seoi Nage

GUN

1. Front Nagashi Uke - Kote Geashi -Yubi Tori
2. Front Nagashi Uke - Disarm -Body Slam
3. Rear Migi Gedan Barai - Radius Takedown
4. Rear Hidari Gedan Barai - Ude Gatame
5. Rear Hidari Gedan Barai - Osoto Gari