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| **#** |  | **Translation** | **Stance** | **Target** | **Notes** |
| 1 | Soet`e-uchi-uke  (bassai-uke) | added hand inside block | kosa-dachi | chudan |  |
| 2 | uchi-uke | inside block | zenkutsu-dachi | chudan |  |
| 3 | uchi-uke | inside block | zenkutsu-dachi | chudan | gyaku-hanmi |
| 4 | soto-uke | outside block | zenkutsu-dachi | chudan | gyaku-hanmi |
| 5 | uchi-uke | inside block | zenkutsu-dachi | chudan |  |
| 6 | sukui-uke &  soto-uke | scooping block &  outside block | zenkutsu-dachi | gedan  chudan | sukui natural speed |
| 7 | uchi-uke | inside block | zenkutsu-dachi | chudan | gyaku-hanmi |
| 8 | ryoken-koshi-kamae | both fists hip posture | hachiji-dachi | -- | natural speed |
| 9 | tate-shuto-uke | vertical knife-hand block | hachiji-dachi | chudan | slow speed |
| 10 | tsuki (choku-zuki) | punch (straight punch) | hachiji-dachi | chudan |  |
| 11 | uchi-uke | inside block | hizakutsu | chudan |  |
| 12 | tsuki (choku-zuki) | punch (straight punch) | hachiji-dachi | chudan |  |
| 13 | uchi-uke | inside block | hizakutsu | chudan |  |
| 14 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 15 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 16 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 17 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 18 | ryosho-tsukami-uke  (bassai-uke) | both palms grasping block | ashi-zenkutsu | chudan | slow speed  gyaku-hanmi |
| 19\* | sokuto-kekomi /  ryosho-tsukamiyose | sword-foot thrust kick /  both palms grasping-pulling | ashi-dachi | gedan  -- |  |
| 20 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 21 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 22 | morote-age-uke | double-hand rising block | heisoku-dachi | jodan | natural speed |
| 23 | ryo-kentsui-hasami-uchi | both hammer-fists scissors strike | zenkutsu-dachi | chudan |  |
| 24 | tsuki | punch | zenkutsu-dachi | chudan | yori-ashi |
| 25 | soto-nagashi-uke /  shuto-uchikomi &  gedan-uke /  uchi-uke (manji-uke) | outside flowing block /  sword-hand thrusting strike &  down block /  inside block (swirling block) | ashi-zenkutsu  ashi-zenkutsu heisoku-dachi  heisoku-dachi | jodan  gedan  gedan  jodan | manji-uke slow speed |
| 26 | gedan-barai /  fumikomi | down block /  stomp kick | kiba-dachi | gedan |  |
| 27 | kake-uke | hooking block | kiba-dachi | chudan | slow speed  haishu variation |
| 28 | mikazuki-geri &  mae-empi-uchi | crescent kick &  front elbow strike | ashi-dachi  kiba-dachi | chudan  -- |  |
| 29 | gedan-uke /  zenwan-mune-kamae | down block /  forearm chest posture | kiba-dachi | gedan  chudan |  |
| 30 | gedan-uke /  zenwan-mune-kamae | down block /  forearm chest posture | kiba-dachi | gedan  chudan |  |
| 31 | gedan-uke /  zenwan-mune-kamae | down block /  forearm chest posture | kiba-dachi | gedan  chudan |  |
| 32 | ryoken-koshi-kamae | both fists hip posture | ashi-zenkutsu | -- |  |
| 33 | yama-zuki | mountain punch | ashi-zenkutsu | jodan  gedan |  |
| 34 | ryoken-koshi-kamae | both fists hip posture | heisoku-dachi | -- | slow speed |
| 35 | yama-zuki | mountain punch | ashi-zenkutsu | jodan  gedan |  |
| 36 | ryoken-koshi-kamae | both fists hip posture | heisoku-dachi | -- | slow speed |
| 37 | yama-zuki | mountain punch | ashi-zenkutsu | jodan  gedan |  |
| 38 | sukui-uke | scooping block | hizakutsu | gedan |  |
| 39 | sukui-uke | scooping block | hizakutsu | gedan |  |
| 40 | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |
| 41 | jotai-sonomama | upper body as is | kokutsu-dachi  (gyaku-kokutsu) | chudan | slow speed |
| 42\* | shuto-uke | knife-hand block | kokutsu-dachi | chudan |  |