

kyu 1 (adapted: 2008)

1. (AS) *uchi uke zuki* – (S) uraken, uwauke nage
2. (AS) *soto uke zuki* – (A) chudan zukim, (S)kote nage
3. (SA) furi zuki (4x) – grab (AS) *sode nuki*, ren hanko (standard)
4. (S) ju chu zuki, (A) uwa/shita uke, mawashi (grab), (AS) *sode dori*
5. (AS) *kusshin zuki* – (SA) ipponse nage (S)
6. (AS) *soto oshi uke zuki* – (AS) ipponse nage (A)
7. (AS) sashi komi ashi, geri, hiza uke, (grab) *kata muna otoshi*
8. (S) mawashi, ura mawashi, (A) duck, (AS) *eri juji*
9. one skipped
10. (SA) *chidori gaeshi*
11. (extra) (SA) jo chu, uwa/shita, mawashi – (AS) (grab) okuri gote/nage
(AS) attack AE, defence SE, (SA) reverse