

1. gassho katate nage
2. (S-A) jyo chu defence, uwa uke nage
3. (S-A) ippon se nage, gyaku nage take over
4. (A-S) ippon se nage anti climax
5. (A-S) tsubame gaeshi gewoon
6. (S-A) tsubame gaeshi, ude juji, katate nage, dai sharin gyaku nage
7. (A-S) hangetsu gaeshi sukui kubi nage
8. (S-A) overeind helpen met linkerhand, konoha okuri, konoha gaeshi nage