

embu

- maki komi gote
- oshi uke maki nage

goho

- tenno ken – keru ten 1, jun geri ten 1-3, gyaku geri chi 1-3, harai uke chi 2

juho

- kongo ken – ura gassho gatamae, hiki muna otoshi, ryo muna otoshi
- ryuo ken – nidan nuki, morote hiji nuki
- ryuka ken – soto maki tembin, nuki uchi oshi gote, okuri hiji zeme, nigiri gaeshi **maki komi gote**, okuri gassho, gassho choji, gassho tsuki otoshi
- rakan ken – hiki muna otoshi, kata uchi nage, gahazu nage, ken jime dori, ushiro karo daoshi, gyaku sode maki ushiro kubi nage
- goka ken – gyaku hiki tembin, okuri katate nage, gassho hiki tembin, oshi uke nage, **oshi uke maki nage**, kannuki soto tembin, tembin nage