

program taikai (outline)

1. chinkon
2. gassho
3. kiso zuki
 - (a) me-uchi
 - (b) kinteki geri
 - (c) jypdan zuki
 - (d) mae geri
 - (e) uchi age uke, sokuto geri
 - (f) ushiro geri, jyo chu niren-zuki
4. group demo
 - (a) tenchi ken dai 1-6
 - (b) giwa ken dai 1 (sotai)
 - (c) oshi gote (sotai)
5. kyu kumi embu
6. explanation character of SK
7. tanto tori
8. black belt group and single demo
9. shuteki te ho (sensei)
10. juho randori
11. ladies self-defence
12. goho randori
13. yudansha kumi embu
14. mohan kumi embu