

## Oku No Kata

- 1 Deashi Hayanada – Advancing leg quick blade
- 2 Ogoshi Hayanada – Great hip quick blade
- 3 Seoi Hayanada – Shoulder back carry quick blade
- 4 Norimi – To ride
- 5 Sumi Gaeshi – Corner reversal
- 6 Mizu Kuguri – Under water dive
- 7 Mae Yama Kage – Forward mountain shadow
- 8 Komi Iri – To crowd and enter
- 9 Kote Gaeshi – Forearm reversal
- 10 Saka Nuki – Draw and cut
- 11 Gyaku Te Nage – Opposite hand throw
- 12 Hon Tomoe – All together comma
- 13 Kata Te Tomoe – Single hand comma
- 14 Shi Garami – Shoulder/arm entanglement
- 15 Gyaku Te Garami – Opposite hand entanglement
- 16 Kote Garami – Forearm entanglement
- 17 Ko Guruma – Little wheel
- 18 Tora Nage – Tiger throw
- 19 Tora Katsugi – Tiger shouldering
- 20 Arashi Otoshi – Storm drop
- 21 Hiki Otoshi – Pulling drop
- 22 Kine Katsugi – Pestle shouldering
- 23 Kin Katsugi – Testicle shouldering
- 24 Kaza Guruma – Wind wheel
- 25 Jigoku Otoshi – Hell's drop