

Birankai



36 Jyo Basics

Kesa	Tsuki	Shomenuchi
1. Kesa #1 (J)	1. Choku tsuki (J)	1. Nagashi uchi (G)
2. Kesa #2 (J)	2. Kaeshi tsuki (G)	2. Harai uchiotoshi (G)
3. Maki otoshi #1, #2 (J)	3. Harai tsuki (J)	3. Kaeshi tsuki (G)
4. Kaete uchiotoshi (J)	4. Maki otoshi #1, #2 (J)	4. Maki otoshi #1 (J)
5. Junte uchiotoshi (J)	5. Kaeshi uchiotoshi #1 (G)	5. Maki otoshi #2 (J)
6. Kaeshi uchiotoshi #1, #2 (G)	6. Kaeshi uchiotoshi #2 (G)	6. Jumonji suriotoshi #1 (G)
7. Kaiten uchiotoshi #1 (G)	7. Maki uchiotoshi #1, #2 (J)	7. Jumonji suriotoshi #2 (G)
8. Kaiten uchiotoshi #2 (G)	8. Kesa uchi #1, #2, #3 (J)	8. Otoshi tsuki #1 (J)
9. Otoshi tsuki #1 (J)	9. Otoshi tsuki #1 (J)	9. Otoshi tsuki #2 (J)
10. Otoshi tsuki #2 (G)	10. Otoshi tsuki #2 (J)	10. Otoshi tsuki #3 (G)
11. Otoshi tsuki #3 (G)	11. Kaiten uchiotoshi #1, #2 (G)	11. Kaiten uchiotoshi #1, #2 (G)
12. Otoshi tsuki #4 (J)	12. Katate uchi (J)	12. Kesa uchi (J)

Principles

1. Execution
2. Extension
3. Focus
4. Distance

Initial Hand Position

Junte (J): Palm upward

Gyakute (G): Palm downward