

TEN RYAKU NO MAKI

KAMAE	UKEMI	UKE NAGASHI	GOGYÔ	KYÛSHO
1 - Fudôza 2 - Seiza 3 - Hanza 4 - Shizen <ul style="list-style-type: none">Hira 5 - Ichimonji <ul style="list-style-type: none">BobiSeiganDokkoHachimonji 6 - Jûmonji 7 - Hiraichimonji 8 - Hichô 9 - Hoko <ul style="list-style-type: none">Kosei	<ul style="list-style-type: none">ZenpôUshiroYokoKatateRyôteMûte 1 - Nagare <ul style="list-style-type: none">Gyaku NagareJun Nagare 2 - Kaiten <ul style="list-style-type: none">Hichô KaitenSoku Hô Kaiten 3 - Otoshi <ul style="list-style-type: none">SuwariTachi	<ul style="list-style-type: none">JodanChûdanGedan 1 - Absorb 2 - Block 3 - Counter 4 - Deflect 5 - Evade	<i>Shoshinsha no Kata</i> <i>Sanshin no Kata</i> <i>Shoshin Gokei Gogyô no Kata</i> 1 - Chi no kata 2 - Sui no kata 3 - Ka no kata 4 - Fû no kata 5 - Kû no kata	1 - Asagasumi 2 - Butsumetsu 3 - Dokko 4 - Gankotsu 5 - Ganmen 6 - Gorin 7 - Happa 8 - Hiji 9 - Hiji Hoshi 10 - Hiza 11 - Inazuma 12 - Jakkin 13 - Jinchû 14 - Jûjiro 15 - Kage 16 - Kaku 17 - Kasumi 18 - Kata Hoshi 19 - Kin 20 - Kinteki 21 - Kimon 22 - Koe 23 - Matsukaze 24 - Murasame 25 - Nagare 26 - Omote Gyaku 27 - Omote Kimon 28 - Ryûfû 29 - Ryûgan 30 - Ryûge 31 - Ryûmon 32 - Sai 33 - Shichibatsu 34 - Suigetsu 35 - Suzu 36 - Tentô 37 - Toki 38 - Tsuyû Gasumi 39 - Uko 40 - Ura Gyaku 41 - Ura Kimon 42 - Usai 43 - Yaku 44 - Yû Kasumi
TAI SABAKI	ARUKI WAZA	HIKEN JÛ ROPPÔ	KIHON HAPPÔ SANPÔ no KATA <i>Kosshi Kihon Sanpô no Kata</i>	KIHON HAPPÔ GOHÔ no KATA <i>Torite Kihon Kata Gohô</i>
<ul style="list-style-type: none">MaeUshiroSayuNanameFaceDosCroiséDécroisé	1 - Hôkô jutsu <ul style="list-style-type: none">Shizen ArukiSoku Shin SoSoku HôHyo Jô Ho KôMû on no Hô 2 - Shôten no Jutsu	1 - Fudô ken (Kongo ken) 2 - Shutô ken (Kiten ken) 3 - Boshi ken (Shitô ken) 4 - Shikan ken 5 - Koppô ken 6 - Happa ken 7 - Shako ken 8 - Shitan ken 9 - Shishin ken 10 - Kikaku ken (Zu Tsuki) 11 - Soku Yaku 12 - Soku Gyaku 13 - Sokki ken 14 - Shuki ken 15 - Tai ken 16 - Shizen ken	1 - Ichimonji no kamae 2 - Jûmonji no kamae 3 - Hichô no kamae	1 - Omote Gyaku 2 - Ura Gyaku 3 - Omote Henka 4 - Musha Dori 5 - Musô Dori
1 - Chi 2 - Ten	TSUKI	TAIHEN JUTSU GOKUI KATA	MUTÔ DORI	
3 - Tora Aruki 4 - Jûji Aruki 5 - Moguri Gata	<ul style="list-style-type: none">Ichimonji no KamaeDokko no KamaeShizen / Hira no Kamae	<ul style="list-style-type: none">Shizen Gyô Un Ryû SuiKen Tai Ichi JôAshi Rau (Sha Ha Ashi)	<ul style="list-style-type: none">Hira no kamaeIchimonji no kamaeJûmonji no kamae	
TOBI	INASHI KATA			
<ul style="list-style-type: none">ChiTen	Kamae + Ken + Kyûsho			

CHI RYAKU NO MAKI

KERI NO DAKEN KIHON	HAJUTSU KYÛ HÔ	NAGE WAZA	SHIME WAZA
<ul style="list-style-type: none">ChiJinTen	1 - Te Hodoki <ul style="list-style-type: none">KatateRyôte 2 - Oya Goroshi 3 - Kô Goroshi 4 - Tai Hodoki 5 - Koshi Kudaki 6 - Happô Geri 7 - Kerî Kaeshi <ul style="list-style-type: none">OmoteUra 8 - Kerî Kudaki 9 - Ken Kudaki	1 - Ganseki <ul style="list-style-type: none">NageOtoshiOshiGoshiGeri 2 - Harai Goshi 3 - Gyaku Nage 4 - Hane Goshi 5 - Ô Soto Gake 6 - Uchimata <ul style="list-style-type: none">Uchi Gake 7 - Taki Otoshi 8 - Itami Nage 9 - Ryû Sui Iki <ul style="list-style-type: none">Tomoe NageTachi NagareYoko NagareTe MakuraKuruma	1 - Hon Jime 2 - Gyaku Jime 3 - Itami Jime 4 - Sankaku Jime 5 - Dô Jime 6 - Ô Gyaku Jime 7 - Mimi Jime 8 - Ryô Ude Jime 9 - Sei On Jime
Keri Waza		TORITE WAZA	
1 - Soku Yaku Ken 2 - Ten Soku Yaku Ken 3 - Suihei Ken 4 - Barai Ken 5 - Soku Gyaku Ken 6 - Tsuma Geri 7 - Soku Hô Geri 8 - Kôhô Geri 9 - Kagî Kerî 10 - Omote Kerî		1 - Omote Gatame (6) 2 - Ura Gatame (5)	
Sokki Hen Ten Ken	GYAKU WAZA	Suwari Waza	
1 - Kata Ashi Tobi Geri 2 - Ryô Ashi Tobi Geri 3 - Ryô Yoku Geri	1 - Take Ori <ul style="list-style-type: none">OmoteUra 2 - Omote Gyaku 3 - Ura Gyaku 4 - Hon Gyaku 5 - Oni Kudaki <ul style="list-style-type: none">OmoteUra 6 - Musha Dori 7 - Musô Dori 8 - Ô Gyaku 9 - Jûji Dori	1 - Jô Wan Ori 2 - Hiji Ori 3 - Zen Wan Ori 4 - Kubi Ori 5 - Tai Jime 6 - Sokkotsu Ori 7 - Benkei Dori 8 - Hiza Ori 9 - Ebi Dori	
Shô Geri Henka	NAGE WAZA HENKA	Tachi Waza	
1 - Sukui Geri 2 - Sanshin Geri 3 - Ashi Barai 4 - Kakushi Geri 5 - Sai Geri / Usai Geri 6 - Kake Taoshi 7 - Te Dama Dori 8 - Sokkotsu Geri 9 - Kakato Geri	1 - Uzumaki 2 - Kata Guruma 3 - Seoi Nage <ul style="list-style-type: none">KatateRyôte 4 - Kuki Nage	1 - Omote Gyaku 2 - Ura Gyaku 3 - Hon Gyaku 4 - Musha Dori 5 - Gyaku Musha Dori 6 - Ô Gyaku 7 - Musô Dori 8 - Omote Oni Kudaki 9 - Ura Oni Kudaki	

JIN RYAKU NO MAKI

SUWARI GATA	TSUKI GATA	HAIBU YORI
<ul style="list-style-type: none">avantpendantaprès 1 - Ichi Geki (Takagi) 2 - Osae Komi (Takagi) 3 - Ude Ori (Takagi)	19 - Jigoku Otoshi (Takagi) 20 - Koto Ryûô (Koto Ryû) 21 - Kôyoku (Koto Ryû) 22 - Hisaku (Koto Ryû) 23 - Setsu Yaku (Shinden) 24 - Mû San (Shinden) 25 - Gekkan (Shinden) 26 - Kata Maki (Koto Ryû) 27 - Hibarî (Shinden) 28 - Shi Hô Dori (Kukishin) 29 - Moguri Dori (Kukishin) 30 - Ken Nagare (Shinden) 31 - Jûmonji (Gyokko) 32 - Kappi (Koto Ryû) 33 - Konpî (Koto Ryû)	46 - Shi Sai 47 - Sakketsu (Gyokko) 48 - Teiken (Gyokko) 49 - Kin Kudaki 50 - Ketsu Myaku (Gyokko) 51 - Hanebi (Gyokko)
KATATE DORI	TSUKI TO KERI	KERI GAESHI
4 - Ate Nage (Takagi) 5 - Settô (Koto Ryû) 6 - Hiki Otoshi (Takagi) 7 - Hitô (Koto Ryû) 8 - Hô Teki (Koto Ryû) 9 - Fudô (Shinden) 10 - Koto Ryûe Gaeshi	34. Koku (Gyokko) 35. Renyo (Gyokko) 36. Gyaku Nagare (Gyokko) 37. Kasasagi (Takagi/Shinden) 38. Kô (Gyokko) 39. Yume Makura (Kukishin)	52 - Huko 53 - Keta Oshî 54 - Ashi Dome 55 - Kerî Sukui 56 - Jigoku Otoshi 57 - Koto Ryûô (Koto Ryû) 58 - Ketô (Gyokko/Koto Ryû)
RYÔTE DORI	NAGE KAESHI	TONSÔ NO KATA
11 - Kana Shibari 12 - Tengu Dori 13 - Ryôte Gake (Takagi/Shinden) 14 - Kôki (Koto Ryû) 15 - Shizen (Shinden) 16 - Soto (Koto Ryû) 17 - Ransetsu (Koto Ryû) 18 - Ryô Mune Dori (Takagi)	40. Ôkyô 41. Zu Dori 42. Fû Kan (Shinden) 43. Sei On (Kukishin) 44. Gokuraku Otoshi (Takagi) 45. Ugari (Shinden)	59 - Kata Ude Tonsô no Kata (Togakure) 60 - Sayu Tonsô no Kata (Togakure) 61 - Kubisujî Tonsô no Kata (Togakure) 62 - Atekomi Tonsô Gata (Togakure) 63 - Koto Ryûe Uchi Tonsô Gata (Togakure) 64 - Migi Uchi Tonsô Gata (Togakure) 65 - Sayu Kumogakure no Kata (Togakure) 66 - Kosei Kirigakure Gata (Togakure) 67 - Happô Kirigakure (Togakure)

BUKI WAZA

BÔ	HANBÔ	BIKEN JUTSU	NAGINATA	KUNAI	JÔ	YARI					
<i>Keiko Sabaki Gata</i> 1 - Gohô 2 - Ura Gohô 3 - Sashi Hai 4 - Fune Bari 5 - Tsuru no Hito Ashi 6 - Ura Issoku	<i>Kihon Gata</i> 1 - Ukemi Gata 2 - Ashi Barai 3 - Shiho Bô Furi 4 - Men Uchi Harai 5 - Tsuki Hane <i>Bô no Uchi</i> 1 - Age Uchi 2 - Kasumi Uchi 3 - Tentô Uchi 4 - Dô Uchi 5 - Ashi Barai 6 - Kote Uchi 7 - Toki Uchi 8 - Tsuki 9 - Furi 10 - Men Uchi	<i>Kamae</i> 1 - Hira Ichimonji 2 - Tate 3 - Munen Musô 4 - Otonashi <i>Waza</i> 1 - Kyokotsu Kudaki 2 - Hon Gyaku Dori 3 - Omote Gyaku Dori 4 - Take Ori 5 - Tsuke Iri 6 - Koshi Ori 7 - Ganseki Otoshi	<i>Nuki Katana</i> 1 - Tate 2 - Gyaku 3 - Yoko <i>Waza</i> 1 - Tsuki Komi 2 - Tsuki Kake 3 - Kiri Age 4 - Kiri Sage 5 - Kinshi 6 - Kocho Gaeshi 7 - Shi Hô Kiri 8 - Happô Kiri 9 - Tsuki no Wa	<i>Kamae</i> 1 - Hassô 2 - Seigan 3 - Yoko Ichimonji 4 - Naka Seigan 5 - Hira Ichimonji	<i>Kihon Kyuhô</i> 1 - Sukui Age 2 - Hataki Taoshi 3 - Ashi Barai 4 - Hane Taoshi 5 - Kuri Dashi 6 - Zango Nagi 7 - Sashi Chigai 8 - Tobi Kiri 9 - Nagi Taoshi	<i>Kamae</i> 1 - Sayu Shizen 2 - Jûmonji 3 - Kagete 4 - Mizu Tori 5 - Ichi 6 - Seigan 7 - Ten <i>Juppô Sessho no Sanshin</i> 1 - Hichô no Ken 2 - Shishi Geki 3 - Jûji Ken	<i>Juppô Sessho no Waza</i> 1 - Kiri no Hito Ha 2 - Rakka 3 - Mizu Tori 4 - Gorin Kudaki 5 - Mawarî Dori <i>Kakushi Buki</i> 1 - Ashi 2 - Senaka 3 - Obi Hidari 4 - Obi Migi	<i>Kamae</i> 1 - Ihen 2 - Ichimonji 3 - Kagete 4 - Chûdan 5 - Tenchi 6 - Hira Ichimonji 7 - Tatejo 8 - Seigan	<i>Shoden no Kata</i> 1 - Jûmonji 2 - Roppô 3 - Kyûhô 4 - Hiryû 5 - Tsuki Iri 6 - Ude Gake 7 - Kote Gaeshi 8 - Tachi Otoshi	<i>Kamae</i> 1 - Tate 2 - Chûdan 3 - Seigan 4 - Gedan <i>Kihon Gata</i> 1 - Tsuki no Wa 2 - Yari no Aruki 3 - Kasumi Uchi 4 - Suwari Uchi	<i>Shoden no Kata</i> 1 - Kanpô 2 - Shiho Waza 3 - Hicho Haku 4 - Hitotsuki Yaku 5 - Ichu Santô 6 - Hissaku 7 - Hiso 8 - Tenchi Kaku
			SHOTÔ		TANTÔ						
			<i>Juppô Sessho no Sanshin</i> 1 - Hichô no Ken 2 - Shishi Geki 3 - Jûji Ken		<i>Kamae</i> 1 - Shizen 2 - Jûmonji 3 - Muso 4 - Ichi	<i>Gogyô</i> <i>All Kamae</i> 1 - Chi 2 - Sui 3 - Ka 4 - Fu 5 - Ku					