

7 BOKKEN SUBURI

1 Shomen Uchi

2 Shomen Uchi Komi

3 Kokyu Ken Waza

4 Renzoku Shomen Uchi Komi

5 Renzoku Nagare Shomen Uchi Komi

6 Shomen Uchi Tsuki

7 Migi Shomen Uchi Hidari Tsuki

