

Black Star Aikido: 20 Jo Suburi

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- 1 Choku Tsuki
 - 2 Kaeshi Tsuki
 - 3 Ushiro Tsuki
 - 4 Tsuki Gedan Gaeshi
 - 5 Tsuki Jodan Gaeshi Uchi

 - 6 Shomen Uchi Komi
 - 7 Renzoku Shomen Uchi Komi
 - 8 Men Uchi Gedan Gaeshi
 - 9 Men Uchi Ushiro Tsuki
 - 10 Gyaku Yokomen Ushiro Tsuki

 - 11 Katate Gedan Gaeshi
 - 12 Katate Toma Uchi
 - 13 Katate Hachi No-Gi Gaeshi

 - 14 Hasso Gaeshi Uchi
 - 15 Hasso Gaeshi Tsuki
 - 16 Hasso Gaeshi Ushiro Tsuki
 - 17 Hasso Gaeshi Ushiro Uchi
 - 18 Hasso Gaeshi Ushiro Harai

 - 19 Hidari Nagare Gaeshi Uchi
 - 20 Migi Nagare Gaeshi Tsuki