

GOSHIN OYO KOBO KUNREN NO KATA
(72 Tecniche)

NORD

- 01 SX JODAN HARAI UKE
- 02 SX CHUDAN UCIKOMI UKE
- 03 SX JODAN HARAI UKE
- 04 SX JODAN KIZAMI ZUKI
- 05 DX CHUDAN GYAKU ZUKI
- 06 SX JODAN URAKEN UCHI
- 07 DX JODAN SHUTO UCHI
- 08 SX JODAN JIUN SHUTO UCHI
- 09 DX GYAKU HAITO UCHI

SUD

- 10 DX JODAN HARAI UKE
- 11 DX CHUDAN UCIKOMI UKE
- 12 DX JODAN HARAI UKE
- 13 DX JODAN KIZAMI ZUKI
- 14 SX CHUDAN GYAKU ZUKI
- 15 DX JODAN URAKEN UCHI
- 16 SX JODAN SHUTO UCHI
- 17 DX JODAN JIUN SHUTO UCHI
- 18 SX GYAKU HAITO UCHI

EST

- 19 SX JODAN UCIKOMI UKE
- 20 SX GEDANBARAI
- 21 SX JODAN UCIKOMI UKE
- 22 SX GEDANBARAI
- 23 SX JODAN HARAI UKE
- 24 SX JODAN KIZAMI ZUKI
- 25 DX CHIUDAN GYAKUZUKI
- 26 SX JIUN SHUTO UCHI
- 27 DX JODAN GYAKU HAITO UCHI

OVEST

- 28 DX JODAN UCIKOMI UKE
- 29 DX GEDANBARAI
- 30 DX JODAN UCIKOMI UKE
- 31 DX GEDANBARAI
- 32 DX JODAN HARAI UKE
- 33 DX JODAN KIZAMI ZUKI
- 34 SX JODAN GYAKU SHUTO UCHI
- 35 DX JIUN SHUTO UCHI
- 36 SX JODAN GYAKU HAITO UCHI

SUD / OVEST

- 37 SX GEDANBARAI
- 38 SX JODAN HARAI UKE
- 39 SX JODAN UCIKOMI UKE
- 40 SX GEDANBARAI
- 41 SX JODAN HARAI UKE
- 42 SX JODAN KIZAMI ZUKI
- 43 DX CHIUDAN GYAKUZUKI
- 44 SX JIUN SHUTO UCHI
- 45 DX JODAN GYAKU HAITO UCHI

NORD / EST

- 46 DX GEDANBARAI
- 47 DX JODAN HARAI UKE
- 48 DX JODAN UCIKOMI UKE
- 49 DX GEDANBARAI
- 50 DX JODAN HARAI UKE
- 51 DX JODAN KIZAMI ZUKI
- 52 SX JODAN GYAKU SHUTO UCHI
- 53 DX JODAN JIUN SHUTO UCHI
- 54 SX JODAN GYAKU HAITO UCHI

SUD / EST

- 55 DX GEDANBARAI
- 56 DX JODAN HARAI UKE
- 57 DX GEDAN HARAI UKE
- 58 DX JODAN UCIKOMI UKE
- 59 DX JODAN URAKEN UCHI
- 60 SX CHUDAN GYAKU ZUKI
- 61 DX JODAN JIUN SHUTO UCHI
- 62 SX JODAN GYAKU SHUTO UCHI
- 63 DX JODAN JIUN HAITO UCHI

NORD / OVEST

- 64 SX GEDANBARAI
- 65 SX JODAN HARAI UKE
- 66 SX GEDAN HARAI UKE
- 67 SX JODAN UCIKOMI UKE
- 68 SX JODAN URAKEN UCHI
- 69 DX CHUDAN GYAKU ZUKI
- 70 SX JODAN JIUN SHUTO UCHI
- 71 DX JODAN GYAKU SHUTO UCHI
- 72 SX JODAN JIUN HAITO UCHI