

NAGE NO KATA SONO ICHI

1. Kumite no kamae.
2. **FOR R GEDAN MAWASHI GERI:**
uchi sune uke, L-R mawashi uke, maki komi nage.
3. **FOR R MAE GERI:**
L soto uke, R foot behind opponent's front leg, uranage, face the opposite direction.
4. **FOR L GEDAN MAWASHI GERI:**
Soto sune uke, R-L mawashi uke, maki komi nage.
5. **FOR L MAE GERI:**
L gedan barai, L foot behind opponent's front leg, uranage, face the front.
6. **FOR R JODAN MAWASHI GERI:**
Irimi, L foot behind opponent's L(back) leg, LH under the chin, uranage.
7. **FOR L MAE GERI:**
L gedan barai, LH under the chin, uranage.
8. **FOR L JODAN MAWASHI GERI:**
Irimi, LH under the chin, uranage, face the rear.
9. **FOR R JODAN MAWASHI GERI:**
Irimi, R foot move in behind opponent's front leg, RH under the chin, uranage, opponent's head to your left thigh (sabaki).
10. R shuto uchi, hiji otoshi, kumite no kamae.