

|               | Stand- / Gehformen                   | aus Seiza          | aus Tatehiza          |
|---------------|--------------------------------------|--------------------|-----------------------|
| <b>Shoden</b> | <b>Battoho no Bu – Kihon no Kata</b> | <b>Seiza no Bu</b> |                       |
|               | 1. Junto Sono Ichi                   | 1. Mae             |                       |
|               | 2. Junto Sono Ni                     | 2. Migi            |                       |
|               | 3. Tsuigekito                        | 3. Hidari          |                       |
|               | 4. Shato                             | 4. Ushiro          |                       |
|               | 5. Shihoto Sono Ichi                 | 5. Yaegaki         |                       |
|               | 6. Shihoto Sono Ni                   | 6. Ukenagashi      |                       |
|               | 7. Zantotsuto                        | 7. Kaishaku        |                       |
|               |                                      | 8. Tsukekomi       |                       |
|               |                                      | 9. Tsukigage       |                       |
|               |                                      | 10. Oikaze         |                       |
|               |                                      | 11. Nukiuchi       |                       |
| <b>Chuden</b> | <b>Battoho no Bu - Oku no Kata</b>   |                    | <b>Tatehiza no Bu</b> |
|               | 1. Zenteki Gyaku To                  |                    | 1. Yokogumo           |
|               | 2. Tateki To                         |                    | 2. Toraissoku         |
|               | 3. Koteki Gyaku To                   |                    | 3. Inazuma            |
|               | 4. Koteki Nukiuchi                   |                    | 4. Ukigumo            |
|               |                                      | 5. Oroshi          |                       |
|               |                                      | 6. Iwanami         |                       |
|               |                                      | 7. Urokogaeshi     |                       |
|               |                                      | 8. Namigaeshi      |                       |
|               |                                      | 9. Takiotoshi      |                       |
|               |                                      | 10. Makkoh         |                       |
| <b>Okuden</b> | <b>Tachiwaza no Bu</b>               |                    | <b>Iwaza no Bu</b>    |
|               | 1. Yukizure                          |                    | 1. Kazumi             |
|               | 2. Tsuredachi                        |                    | 2. Sunegakoi          |
|               | 3. So Makuri                         |                    | 3. Tozume             |
|               | 4. So Dome                           |                    | 4. Towaki             |
|               | 5. Shinobu                           |                    | 5. Shihogiri          |
|               | 6. Yukishigai                        |                    | 6. Tanashita          |
|               | 7. Sodesuri Gaeshi                   |                    | 7. Ryozone            |
|               | 8. Moniri                            |                    | 8. Torabashiri        |
|               | 9. Kabazoi                           |                    |                       |
|               | 10. Ukenagashi                       |                    |                       |
|               | 11. Itomagoi Sono Ichi -->           |                    |                       |
|               | 12. Itomagoi Sono Ni -->             |                    |                       |
|               | 13. Itomagoi Sono San -->            |                    |                       |

| <b>Tachiuchi no Kurai &gt; Partnerkata mit Bokuto</b> |
|---|
| 1. Deai   |
| 2. Kobushidori  |
| 3. Zetsumyoken  |
| 4. Dokumyoken   |
| 5. Tsubadome  |
| 6. Ukenagashi   |
| 7. Mappo  |

weitere Set's ...

| <b>Bangai no Bu</b> |
|---------------------|
| Hayanami            |
| Raiden              |
| Jinrai              |
| Shihogiri           |

| <b>Toho &gt; repräsentative Kata der Ryu im ZNIR</b> |
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| 1. Maegiri ( Muso Jikiden Eishin Ryu )               |
| 2. Zengogiri ( Mugai Ryu )                           |
| 3. Kiriage ( Shindo Munen Ryu )                      |
| 4. Shihogiri ( Suio Ryu )                            |
| 5. Kissaki Gaeshi ( Hoki Ryu )                       |