

SEITEI IAI

MUSO SHINDEN RYU

OMORI RYU

Choden

1. Mae
2. Ushiro
3. Uke Nagashi
4. Tsuka Ate
5. Kesa Giri
6. Morote Zuki
7. Sanpô Giri
8. Gan Men Ate
9. Soete Tsuki
10. Shiho Giri
11. Sô Giri
12. Nuki Uchi

1. Sho Ato
2. Sato
3. Uto
4. Atarito
5. Inyoshintai
6. Ryuto
7. Junto
8. Gyakuto
9. Setchuto
10. Koranto
11. Gyakute Inyoshintai
12. Batto

HASEGAWA EISHIN RYU

Chuden

1. Yoko Gumo
 Yoko Gumo
2. Tora No Issoku
3. Inazuma
4. Uki Gumo
5. Yamashita Oroshi
6. Iwanami
7. Uroko Gaeshi
8. Nami Gaeshi
9. Taki Otoshi
 Taki Otoshi
10. Nuki Uchi

OKUDEN

Suwari Waza

1. Kasumi
2. Sunegakoi
3. Tozume
4. Towaki
5. Shiho Giri
6. Tanashita
7. Ryozone
8. Torabashiri

Tachi Waza

1. Yakizure
2. Tsuredachi
3. So Makuri
4. So Dome
5. Shinobu
 Shinobu
6. Yukichigai
 Yukichigai
7. Sodesuri
8. Moniri
9. Kabezoe
10. Uke Nagashi
 Uke Nagashi
 Uke Nagashi
 Uke Nagashi
 Uke Nagashi
11. Itomagoi 1
12. Itomagoi 2
13. Itomagoi 3