

Chiba Sensei Jo Suburi

36 Movimientos Básicos



Los 12 Movimientos de Kesa Uchi:

1. Kesa uchi I
2. Kesa uchi II
3. Makiotoshi I and II
4. Kaete Uchiotoshi
5. Jyunte Uchiotoshi
6. Kaeshi Uchiotoshi I & II
7. Kaeten Uchiotoshi I
8. Kaeten Uchiotoshi II
9. Otoshi Tsuki I
10. Otoshi Tsuki II
11. Otoshi Tsuki III
12. Otoshi Tsuki IV

Los 12 Movimientos de Tsuki:

1. Choku Zuki
2. Kaeshi Zuki
3. Harai Zuki
4. Maki Otoshi #1#2
5. Kaeshi Uchi Otoshi #1
6. Kaeshi Uchi Otoshi #2
7. Maki Uchi Otoshi #1#2
8. Kesa Uchi #1#2#3
9. Otoshi Zuki #1
10. Otoshi Zuki #2
11. Kaiten Uchi Otoshi #1#2
12. Katate Uchi

Los 12 Movimientos de shomen:

1. Nagashi uchi
2. Harai uchi otoshi
3. Kaeshi tsuki I and II
4. Maki otoshi I
5. Maki otoshi II
6. Jumonji suri otoshi I
7. Jumonji suri otoshi II
8. Otoshi tsuki I
9. Otoshi tsuki II
10. Otoshi tsuki III
11. Kaiten uchi otoshi I & II
12. Kesa uchi I, II & III