

JUJI IDO

Juji Ido No Ichi

1. Zenkutsu Dachi, Jodan Uke, Jodan Zuki
2. Zenkutsu Dachi, Chudan Uke, Chudan Zuki
3. Zenkutsu Dachi, Gedan Uke, Gedan Zuki
4. Shiko Dachi Yonjugodo Gedan Barraai, Gedan Zuki

Juji Ido No Ni

1. Zenkutsu Dachi, Jodan Mae Geri
2. Zenkutsu Dachi, Chudan Mae Geri
3. Zenkutsu Dachi, Gedan (Kin) Geri
4. Zenkutsu Dachi, Sokuto Geri
5. Zenkutsu Dachi, Kansetsu Geri
6. Zenkutsu Dachi, Kakato Geri