NAGE NO KATA : SONO ICHI

1. Kumite no kamae

2. Migi chudan mawashi-geri:
   Hidari sune-uke, mawashi-uke, maki komi nage.

3. Migi mae-geri:
   Step back, hidari soto-uke, migi cross okuri ashi, ura-nage.

4. Hidari chudan mawashi-geri:
   Hidari sune-uke, mawashi-uke, maki komi nage.

5. Hidari mae-geri:
   Step back, hidari gedan-barai, hidari cross okuri ashi, ura-nage (320)

6. Migi mawashi-geri:
   Step back, irimi (back pos. 1), kubi-nage. (kubi: neck)

7. Hidari mae-geri:
   Step back, hidari gedan-barai, hidari cross okuri ashi, ura-nage (360)

8. Hidari jodan mawashi-geri:
   Step back, hidari cross okuri ashi, ura-nage.

9. Migi jodan mawashi-geri:
   Step back, migi cross okuri ashi, ura-nage, (hold the head onto the thigh) kiba dachi.

10. Migi shuto-uchi, migi hiji oroshi uchi, kumite no kamae.