NAGE NO KATA : SONO NI

1. Kumite no kamae.

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

3. Migi mae-geri:
Step back, hidari soto-uke, migi cross okuri ashi, hidari hiza-geri to the back of head, ura-nage.

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

5 Hidari mae-geri:
Step back, hidari gedan-barai, hidari cross okuri ashi, migi hiza-geri to th back of head, ura-nage.

6. Migi jodan mawashi-geri:
Step back, irimi (back pos. 1), migi hiza-geri, ura-nage.

7. Hidari mae-geri:
Step back, hidari gedan-barai, hidari cross okuri ashi, migi hiza-geri, ura-nage.

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

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

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