NAGE NO KATA : SONO YON

1. Kumite no kamae.

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

3. Migi mae-geri:
Step back, hidari soto-uke, migi cross okuri ashi (back pos.1) hikitaoshi (take down/throw down), migi shuto uchi, migi hiji oroshiuchi.

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

5 Hidari mae-geri:
Step back, hidari gedan-barai, migi okuri ashi (back pos 2), hikitaoshi (take down/throw down), migi shuto uchi, migi hiji oroshi uchi.

6. Migi jodan mawashi-geri:
Instep, hidari jodan uke, migi uchimomo-geri, hidari uppercut, migi tsuki, migi mawashi-geri, (Kumite no Kamae again)

7. Hidari mae-geri:
Step back, hidari gedan-barai, migi-hidari-migi chudan sanbon-tsuki, Step migi no kamae, hidari ushiro mawashi-geri, hidari jodan mawashi geri

8. Hidari jodan mawashi-geri:
Step back, instep, migi gedan mawashi-geri, hidari gedan mawashi-geri, hidari jodan mawashi-geri, hikitaoshi (take down/throw down) . Turn 180

9. Migi jodan mawashi-geri:
Step back, migi okuri ashi, hidari gedan mawashi-geri, migi gedan mawashi-geri, migi jodan mawashi-geri, hikitaoshi (take down/throw down).

10. Migi shuto uchi, step back, migi gedan mawashi-geri, kumite no kamae.