

BASIC TRADITIONAL HOJO UNDO

CHISHI

Front & Back
Side to Side
Rotate & Push
Swing Around & Pick Up
Swing & Thrust with Shiko Dachi
Squeeze (up & down, down & rotate)

SASHI

Nukite Zuki (Shisochin)
Shotei Zuki (Shisochin)
Shiko Dachi Open & Close
Bent Over Open & Close
Mae Geri, Kansetsu Geri, Fumikomi Geri

NIGIRI GAME

Sanchin Dachi
Shiko Dachi
Neko Ashi Dachi

KONGOKEN

Twist (Sonoba, Suri Ashi)
Lift Up (Ten Tsuki)
Shiko Dachi Squat
Chest Shoulder Push

OTHER

Makiwara (Gyaku Zuki)
Tai Otoshi
Ten Tsuki (one hand, two hands)
Furi Sute
Kakato Otoshi
Kakato Geri
Neko Undo (cat stretch)
Ukemi (Mae, Ushiro, Yoko, Kaiten)