Bo Kihon and Kihon Kumi Waza

Dai Ichi: Set 1
1) Jodan uchi    upper level strike
2) Jodan naname uchi   diagonal upper level strike
3) Chudan yoko uchi  middle level side strike
4) Gedan yoko uchi  lower level side strike
5) Kake uke, tsuki   hooking defense, thrust

Dai Ni: Set 2
1) Gedan harai uke, jodan naname uchi
   lower level brushing aside defense, upper level diagonal strike
2) Gedan hane uke, gedan nuki
   lower level knock down defense, lower level spear thrust
3) Suna kake     hooking sand
4) Osae uke      lower level binding defense
5) Kaeshi uchi, kaeshi tsuki reverse end strike, reverse end thrust

Dai San: Set 3
1) Gedan yoko uke, jodan naname uchi
   lower level side defense, upper level diagonal strike
2) Jodan yoko uchi, jodan nuki
   upper level side strike, upper level spear thrust
3) Chudan nagashi uchi, gedan uke, jodan naname uchi
   middle level flowing strike, lower level defense, upper level diagonal strike
4) Gedan yoko uke, gedan osae uke, jodan naname uchi
   lower level side defense, lower level binding defense, upper level diagonal strike
5) Gorenda      5 part combination

Sai Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Mawashi-Uchi  Upper level circling strike
2. Jodan Uke         Upper level defense
3. Chudan Tsuki   Middle level thrust
4. Chudan Harai-Uke Middle level brushing aside defense
5. Gedan Harai-Uke Lower level brushing aside defense
6. Gedan Uke       Lower level defense
7. Chudan Tsuki, Jodan Mawashi-Uchi, Gedan Uke
   Middle level thrust, upper level circling strike, lower level defense
8. Chudan Tsuki, Gedan Harai-Uke, Jodan Nuki, Gedan Uke
   Middle level thrust, lower level brushing aside defense, upper level spear, lower level defense
9. Chudan Tsuki, Chudan Harai-Uke, Gedan Harai-Uke, Kote Uchi, Gedan Uke
   Middle level thrust, middle level brushing aside defense, lower level brushing aside defense, wrist strike, lower level defense
10. Chudan Tsuki, Chudan Harai-Uke, Kote Uchi, Mawashi Kote Uchi, Gedan Uke
    Middle level thrust, middle level brushing aside defense, wrist strike, circular wrist strike, lower level defense
11. Nage waza   Throwing technique (out doors or at target only)
Tonfa Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Naname Uchi  Upper level side strike
2. Jodan Uke  Upper level defense
3. Chudan Tsuki  Middle level thrust
4. Chudan Nuki  Middle level spear
5. Gedan Yoko Uchi  Lower level side strike
6. Gedan Uke  Lower level defense
7. Uwa Uchi, Jodan Mawashi Uchi  Rising strike, upper level circular strike
8. Chudan Tsuki, Gedan Harai Uke, Gedan Harai Uke, Jodan Uchi  Middle level thrust, lower level brushing aside defense, lower level brushing aside defense, upper level strike
9. Chudan Tsuki, Jodan Harai Uke, Jodan Yoko Uchi, Jodan Uchi  Middle level thrust, middle level brushing aside defense, upper level side strike, upper level strike
10. Chudan Tsuki, Jodan Uchi, Nikai Mawashi Uchi  Middle level thrust, double circular strike

Nunchiyaku Jutsu Kihon Waza and Kihon Kumi Waza

1. Jodan Uchi  Upper level strike
2. Ue Uchi  Rising strike
3. Wakibara  Side or armpit sweep
4. Noko Uchi  Throat strike
5. Miso Tsuki  Solar plexus thrust
6. Ganmen Nageru  Head toss
7. Gedan Uke  Lower level defense
8. Gedan Yoko Uchi  Lower level side strike
9. Chudan Harai Uke  Middle level brushing aside defense
10. Jodan Uke  Upper level defense

Chizikunbo Kihon Waza

1. Chudan tsuki  Middle level thrust
2. Chudan kake uke  Middle level hooking defense
3. Chudan osae uke  Middle level pressing defense
4. Jodan uke, jodan mawashi uchi  Upper level defense, upper level circular strike
5. Chudan uke, chudan tettsui uchi  Middle level defense, middle level hammer fist strike