

Renshu

1	Don R	Don L	Don R	Don L	Don R	Don L	Don R	(kiai)							
2	Don R	Don L	Don R	Don L	Don R	Don L	Don R	(kiai)							
3	Don R	Don L	Don R	(kiai)											
4	Don R	Don L	Don R	(kiai)											
5	Don R		Don L		Don L		Don R								
6	don R	don L	Don R	Don L	DON R	DON L	DON R	DON L							
7	Don R	tsu-ku r-l	Don R	tsu-ku r-l	Don R	tsu-ku r-l	Don R	Don L							
8	Don R	tsu-ku r-l	Don R	tsu-ku r-l	Don R	tsu-ku r-l	Don R	Don L							
9	Don R	Don R	Don L	Don L	Don R	Don R	Don L	Don L							
10	Doro R-L	tsu-ku r-l	Don R	Don L	Doro R-L	tsu-ku r-l	Don R	Don L	Doro R-L	tsu-ku r-l	Don R	Don L	Doro R-L	Don R	Don L
11	Don L	ka R	Don R	ka L	Don L	ka R	Don R	ka L	Don L	ka R	Don R	ka L	Kara R-L	ka r	ka l
12	Don L	ka R	Don R	ka L	Don L	ka R	Don R	ka L	Don L	ka R	Don R	ka L	Kara R-L	ka r	ka l