

Daiwa Ryu Yondangi kata

Giles Chamberlin

Suwari waza

Mune Osae Dori Chest pin art

Ude Dori Arm art

Emon Dori Clothing crest art

Tekagami Hand mirror

Hantachi Waza

Yoko Dori Side art

Yoko Ninin Dori Side two person art

Tachi Waza

Mune dori Chest art

Ushiro zeme dori rear attack art

Ushiro hakko dori rear eighth light art

Uchi Komi Dori Strike art

Yokomen Uchi Dori Side of head strike art

Oikake dori Chase art

Heiko Dori parallel art

Kotegaeshi wrist turnover

Hakujin/Shiroha Dori White edge of sword art

(A) bato/joto nuki uchi dori length of blade draw out art

(B) shoto tsuki komi dori short sword thrust art