

Kihon (Basics)

1. Right foot forward, straight right punch
2. Right foot forward, right uppercut
3. Left foot forward, straight right punch
4. Left foot forward, right uppercut
5. Right foot back, left hand leg block, straight right punch
6. Right foot back, left hand side block, straight right punch
7. Right foot back, left side open hand block, straight right spear hand
8. Right foot back, left open hand head block, right uppercut
9. Right foot back, left hand head block (closed), straight right punch
10. Right foot back, left hand head block, bridge of nose punch, straight right punch
11. Left foot forward, left hand leg block, 5 punches
12. Left foot forward, left hand side block, 5 punches
13. Left foot forward, left hand chop mid-section, right hand chop neck
14. Left foot forward, left push block (parry), right and left roundhouse punches
15. Break grab from behind, elbow smashing to rear, other hand front head

* All the basics can be done using the opposite side

Pinon Kata (Beginning Form)

1. Pinon 1
2. Pinon 2

Kata (Form)

1. Seisan (十三 Seisan)
2. Seiunchin (制引戦 Seiyunchin)
3. Naihanchi (ナイハンチ Naihanchi)
4. Wansu (汪楫 Wansū)
5. Chinto (鎮鬪 Chintō)
6. Kusanku (公相君 Kūsankū)
7. Sunsū (スンスウ Sunsū)
8. Sanchin (三戦 Sanchin)

Bo Kata (Staff Form)

1. Tokumine no kon (徳嶺の棍 Tokumine no kun)
2. Urashi bo (浦添棒 Urashī bō)
3. Shishi no kon (添石の棍 Shīshi no kun)

Sai Kata (Forked Weapon Form)

1. Kyan no sai (喜屋武のサイ)
2. Kusanku sai (公相君サイ Kūsankū sai)
3. Chatanyara no sai (北谷屋良の釵 Chatan Yara no sai)

Tonfa Kata

1. Hamahiga-no-tuifa (浜比嘉のトゥイファー)

ShoBu-I

1. Attacker: Right foot steps back, step right punch to center of body. Defense: Step right, to the outside of the attackers foot, right arm performs a middle block, punch left then right.

ShoBu-II

1. Attacker: Left foot forward, step right punch to center of body. Defense: Step right, to the outside of the attackers foot, use right arm to parry blow back to the center (towards your back), spin counter- clockwise, left foot, hook kick to partners stomach, right ridge hand (to center or to throat), stomp on back of attackers (rear) left knee.
2. Attacker: Left foot forward, step right punch to center of body: Defense: Step to the left, Cat stance left foot back, pull punch downward and toward defender, Ridge hand to Throat, Right foot steps behind the attacker's right foot, right forearm to left side of attackers neck, Defender uses left hand to reinforce t hand, Defenders forehead to attacker's temple, roll forearm into side of attackers neck.
3. Attacker: Left foot forward, step right punch to center of body: Defense: Step left forward, left arm block to outside to inside, step to outside of opponent's front foot, reverse punch right side, slide forward, right elbow to ribs, left elbow to ribs, right palm strike to groin.
4. Attacker: Left foot forward, step right punch high to face: Defense: Step forward left foot, use right hand for open hand block, Defender uses right round house kick to the body, without setting it down. use same foot and stomp on back of opponents forward knee (right knee), from the attackers back-side, left hand shuto to left side of side of attacker's neck, left knee to opponents back.
5. Attacker: Left foot forward, step right punch high to face: Defender, Left foot forward, Seiunchin Dachi, left arm blocks high, Slide forward, to outside of attackers right foot, right elbow strike to ribs, left strike to ribs, right palm to groin, right palm to face.
6. Attacker: Left foot forward, step right punch high to face: As attacker steps forward, defender's right foot kicks to attacker's mid-section to stop his forward motion, defender is moving forward and punches to the mid-section, after the right punch, still moving forward, defender uses right elbow strike to attacker's mid section, defender uses left arm for protection, grabbing the opponent's right hand, use back of it elbow, strike to ribs from seiunchin dachi.
7. Attacker: Left foot forward, step right roundhouse punch high to face: Defender, left foot forward, slides forward, into zen-kutsu dachi, double shuto to attackers striking arm hitting toward the wrist and at the bicep, switch to ko kutsu dachi, defender's left palm to attacker's face, switch back to zenkutsu dachi, it punch to tummy, defender protects himself by holding the attacker's arm with his left land, defender's right foot steps behind attackers front foot, defender uses right forearm clothes line to face, defender takes down attacker with right foot sweeping, defenders right knee on attacker's rib, defenders left knee is fulcrum for an arm-bar on attacker's right hand.
8. Attacker: Left foot forward, step right roundhouse punch high to face: Defender raises left hand catching punch under his arm, palm strike to face, defender steps behind attackers front foot with his right foot, puling the attacker's right arm sweeping the attacker down.
9. Attacker: Left foot forward, step right roundhouse punch high to face: Defender dodges the attack and uses his left hand to protect from the attack coming back maybe with a back-fist, as the defender slides forward his right hand punches to the attacker's ribs, the defender's right arm recoils and does elbow strike to attackers ribs, then left elbow to ribs and finally right palm strike to groin.