

SHODEN: OMORI RYU

| | |
|--|------------------------|
| Ippon me Shohatto | To front in seiza |
| Nihon me Sato | Turn to right in seiza |
| Sanbon Me Uto | Turn to left in seiza |
| Yonhon me Atarito | Turn to rear in seiza |
| Gohon me In Yo Shintai | To front in seiza |
| Roppon me Ryu To | Turn to right in seiza |
| Nanahon me Junto | To front in seiza |
| Happon me Gyakuto | To front in seiza |
| Kuhon me Seichuto | Turn to left in seiza |
| Juppon me Koranto (standing form) | To front tachi |
| Juippon me Gyakute In Yo Shintai | To front in seiza |
| Junihon me Nuki Uchi (To Dome) | To front - seiza |