

Hojo Undō - 補助運動

Shōmen geri

正面蹴り - *Front kick*

Sokutō geri

足刀蹴り - *Side kick*

Seiken zuki

正拳空き - *Circle Block, Punch, Guide Block, Fist Punch*

Mawashi zuki

廻し空き - *Hook Punch*

Shutō uchi Uraken uchi Shōken zuki

手刀打ち裏拳打ち小拳空き - *Circle Block, Chop, Backfists, One-knuckle punch*

Shōmen Hajiki

正面弾き - *Fingertip strikes*

Tenshin zensoku geri

転身前足蹴り - *Turn-Block-Front Kick-Forward Leg*

Tenshin kosoku geri

転身前後蹴り - *Turn-Block-Front Kick-Back Leg*

Tenshin shōken zuki

転身小拳空き - *Turn-Block-One Knuckle Punch*

Koi no shippo uchi, yoko uchi

鯉の尻尾打ち横打ち - *Fish-tail wrist blocks*