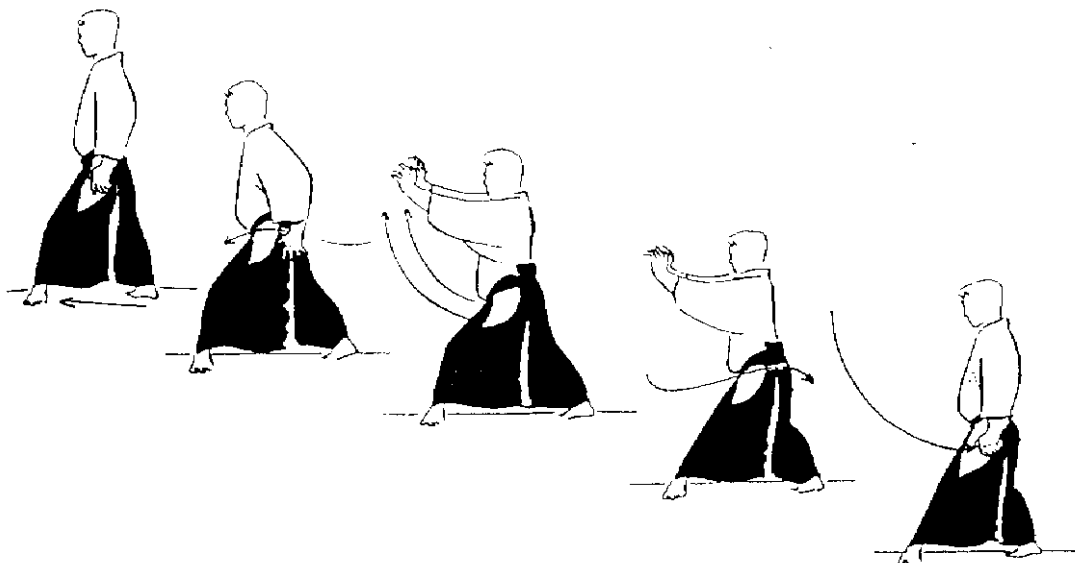
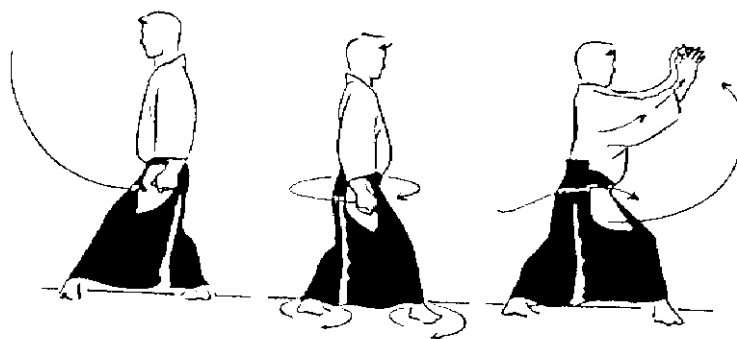
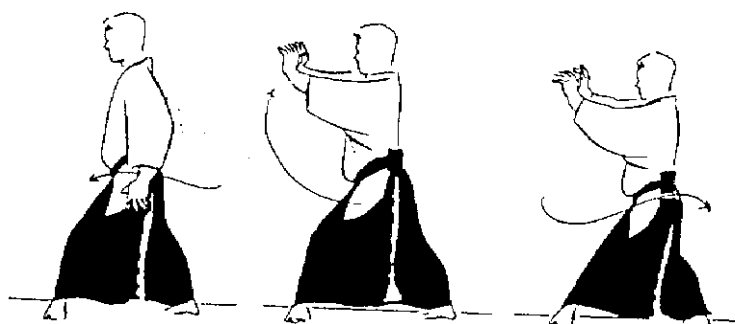


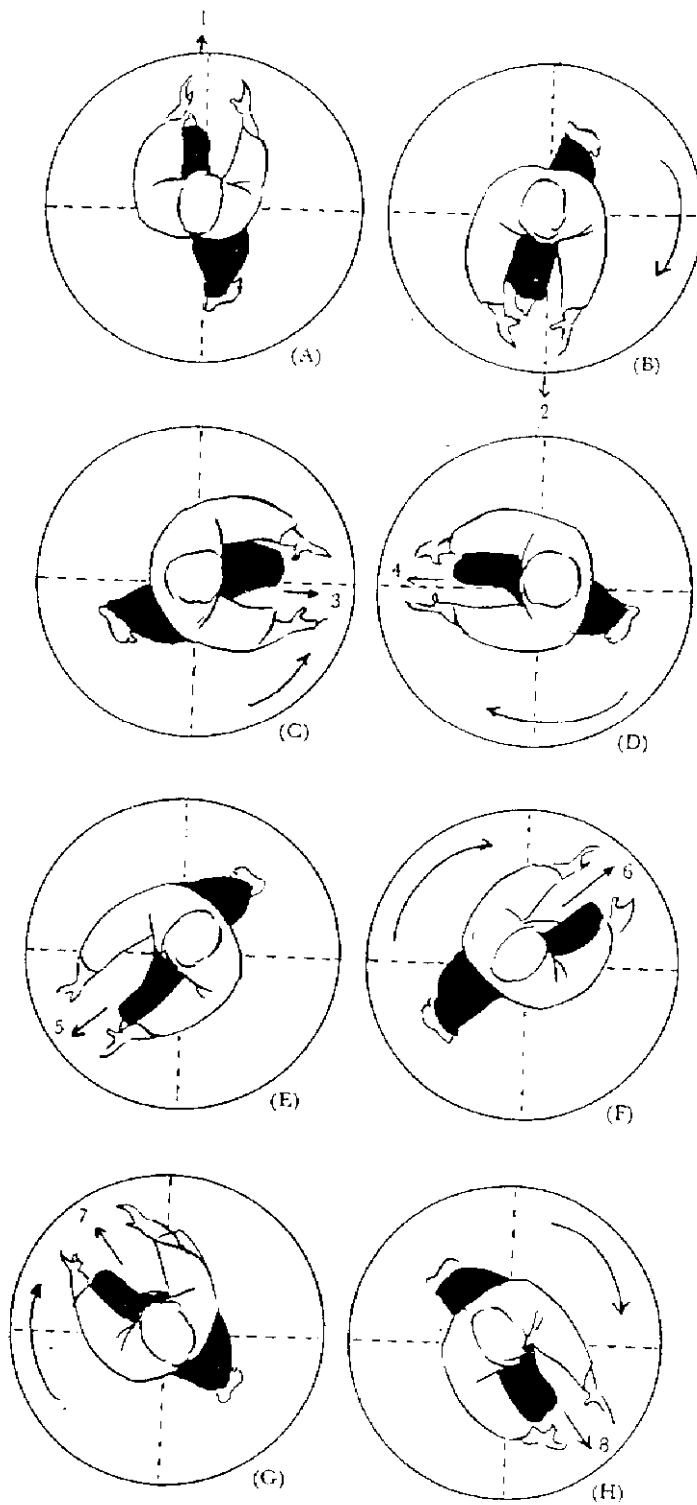
FUNAKOGI UNDO (ROWING EXERCISE)



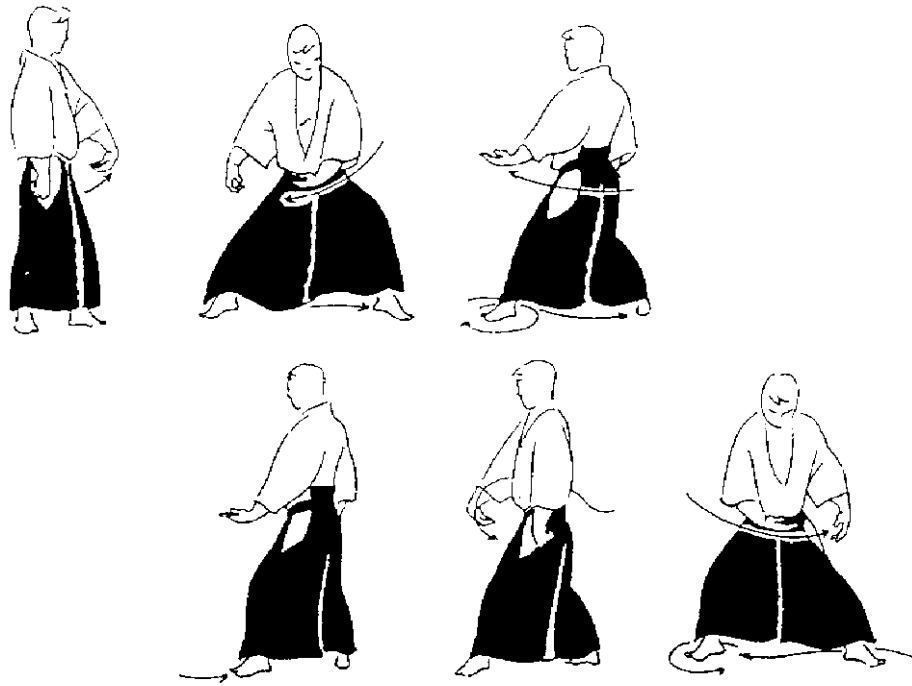
SHOMENUCHI IKKYO UNDO (FOREHEAD STRIKE, FIRST FORM)



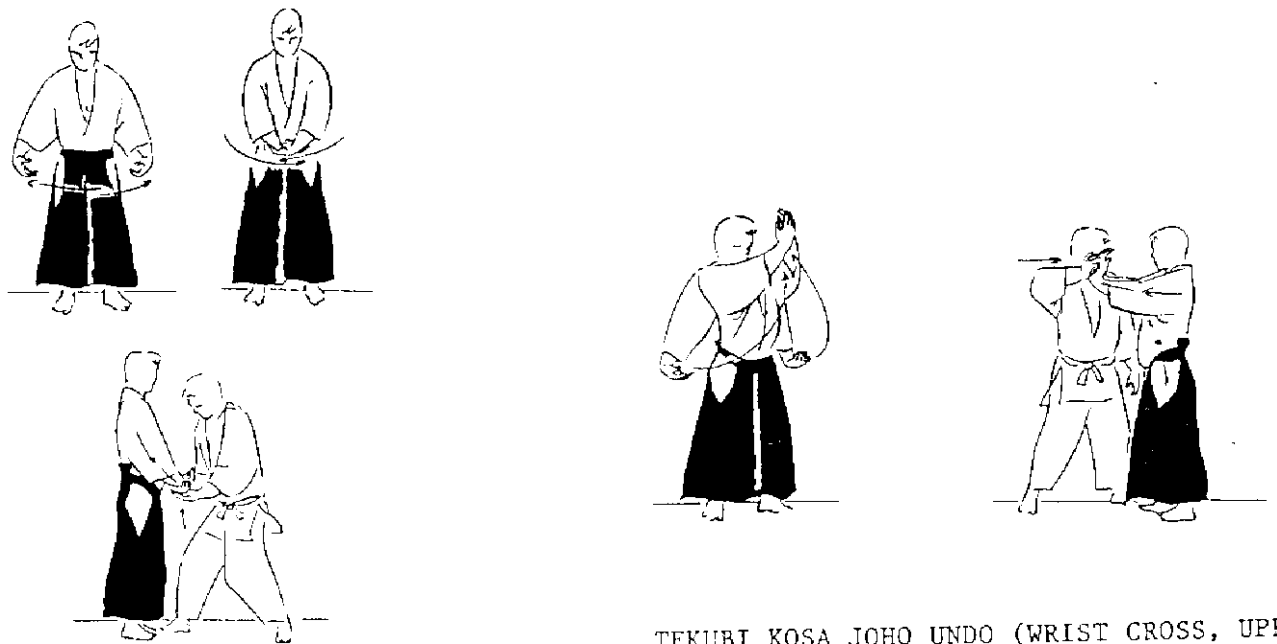
ZENGO UNDO (FRONT/BACK)



HAPPO UNDO (EIGHT DIRECTIONS)

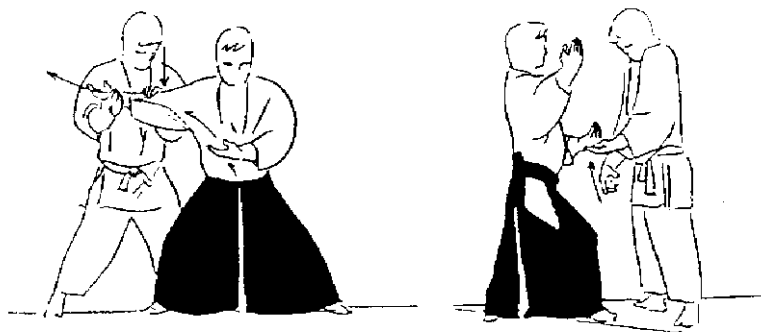
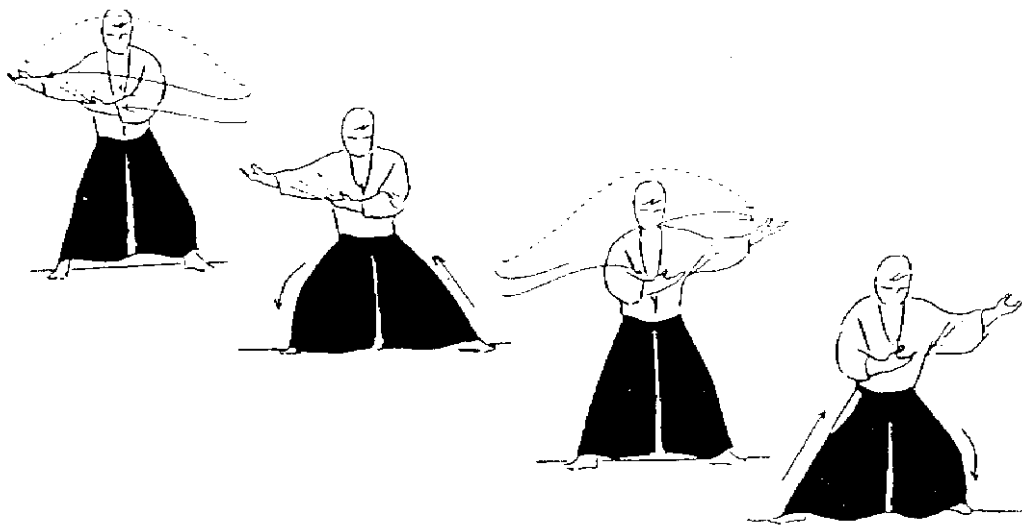


KOKYO HO UNDO (WRIST LEAD)

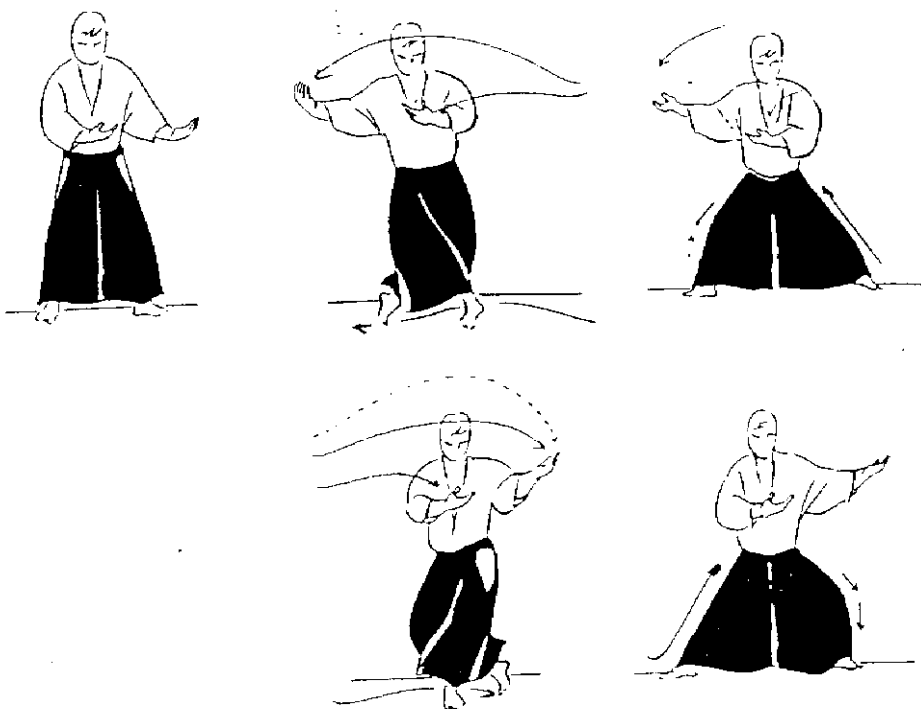


TEKUBI KOSA JOHO UNDO (WRIST CROSS, UPPER)

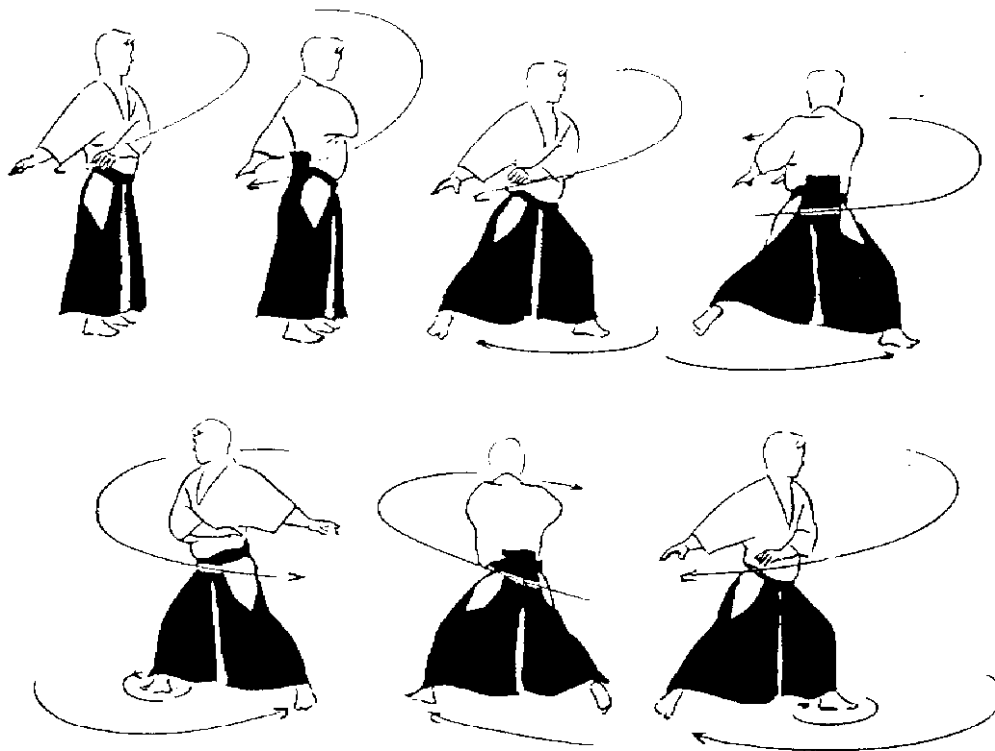
TEKUBI KOSA UNDO (WRIST CROSS)



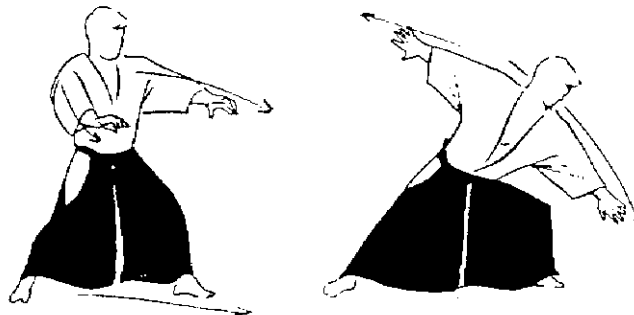
SAYU UNDO (SIDE TO SIDE)



SAYU UNDO WITH A STEP
(SIDE TO SIDE STEPPING)



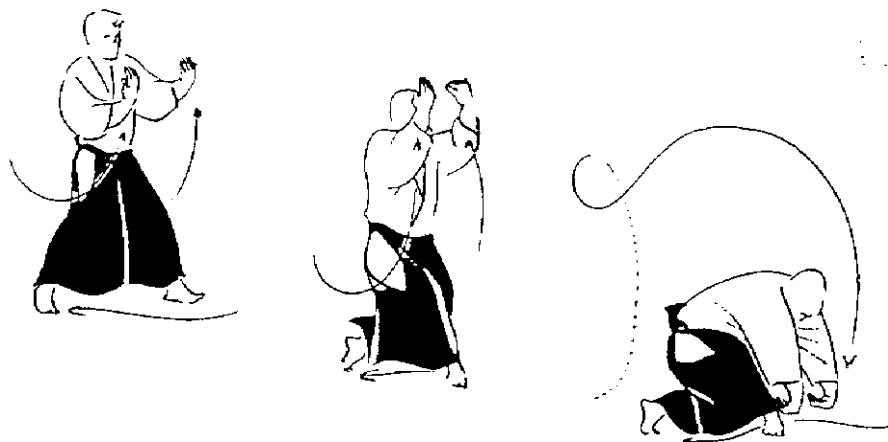
UDE FURI UNDO (SPIN)



USHIRO TORI UNDO (FORWARD EXTENSION, REAR GRAB, BEAR HUG)



USHIRO TEKUBI TORI ZENSHIN UNDO
 (DOWNWARD EXTENSION/REAR GRAB WRISTS)
 (FORWARD STEP)



USHIRO TEKUBI TORI KOTAI UNDO
 (DOWNWARD EXTENSION/REAR GRAB WRISTS, BACKWARD STEP)