

Itto-den Shinki Toho Ô-dachi (Stand: 25. 08. 2010)

| Nr. | Name des Kumite | Kamae am Anfang | | Schläge | | Shidachi Zanshin |
|-----|---|-----------------|--------------|-----------|---------------------------------------|---------------------|
| | | Uchidachi | Shidachi | | | |
| 1 | Ichi-ban/Ippon-me: Hitotsu-gachi | In | Seigan | 1. | Hidari-gote | Gedan |
| 2 | Ni-ban/Nihon-me: Age-uke | Seigan | Gedan | 2. | Migi-gote | Jôdan |
| 3 | San-ban/Sanbon-me: Uchi-komi-inashi | In | Seigan | 3. | Migi-gote | Jôdan |
| 4 | Yon-ban/Yonhon-me: Kasumi fûji | Gedan-Kasumi | Gedan | 4. | Migi-gote | Gedan |
| 5 | Go-ban/Gohon-me: Tsuki-komi Seigan-yaburi | Seigan | Wakigamae | 5. | Migi-gote | Jôdan |
| 6 | Roku-ban: Futatsu-gachi | In | Seigan | 6. - 7. | Hidari-gote / Migi-gote | Jôdan |
| 7 | Nana-ban: Into | In | Seigan | 8. - 9. | Hidari-gote / Hidari-gote | In |
| 8 | Hachi-ban: Gedan no Uchi-otoshi | Seigan | Gedan | 10. | Hidari-gote | Gedan |
| 9 | Kyû-ban: Norimi | In | Seigan | 11. - 12. | Migi-gote / Hidari-gote | In |
| 10 | Jû-ban: Norimi Hitotsu-gachi | In | Seigan | 13. | Migi-gote | Gedan |
| 11 | Jûichi-ban: Gedan no tsuke Chu-Seigan | Seigan | Gedan | 14. - 15. | Migi-gote / Hidari-gote | Gedan |
| 12 | Jûni-ban: Orimi | Seigan | Wakigamae | 16. - 17. | Mizo'ochi / Migi-gote | In |
| 13 | Jûsan-ban: Suriage | Migi-Jôdan | Seigan | 18. -19. | Migi-gote / Hidari-gote | Gedan |
| 14 | Jûyon-ban: Wakigamae no Uchiotoshi | Seigan | Wakigamae | 20. | Migi-gote | Gedan |
| 15 | Jûgo-ban: Honshô | Gedan | Seigan | 21. | Hidari-gote | Gedan |
| 16 | Jûroku-ban: Jôdan-gasumi | Jôdan-gasumi | Gedan | 22. | Mizo'ochi | Sasage-Dachi |
| 17 | Jûnana-ban: Kobushi no Harai | Seigan | Gedan | 23. - 24. | Hidari-gote / Hidari-gote | In |
| 18 | Jûhachi-ban: Uki | Gedan | Seigan | 25. | Hidari-gote | Gedan |
| 19 | Jûkyû-ban: Kirikaeshi | In | Seigan | 26. | Migi-gote | Hidari-Jôdan |
| 20 | Nijû-ban: Sayû no Harai | In | Seigan | 27.- 28. | Nodo / Migi-gote | Gedan |
| 21 | Nijûichi-ban: Gyaku no Harai | Yô | Seigan | 29.- 30. | Hidari-gote / Dô | Migi Harai-dachi |
| 22 | Nijûni-ban: Chishô | Gedan | Jizuri Gedan | 31. | Migi-gote shita (von unten) | Yô |
| 23 | Nijûsan-ban: Chishô no Aigedan | Gedan | Gedan | 32. | Mizo'ochi | Gedan |
| 24 | Nijûyon-ban: Seigan-barai | In | Seigan | 33. | Hidari-gote | Chûdan-gasumi |
| 25 | Nijûgo-ban: Maki-gasumi | Chûdan-gasumi | Gedan | 34.- 35. | Hidari-gote / Migi-gote | Gedan |
| 26 | Nijûroku-ban: Maki-kaeshi | Hidari-Jôdan | Seigan | 36.- 38. | Hidari-gote / Mizo'ochi / Hidari-gote | Gedan |
| 27 | Nijûnana-ban: Hikimi no Hongaku | Seigan | Gedan | 39. | Dô | Hongaku |
| 28 | Nijûhachi-ban: Aigedan Kesa-gawashi | Gedan | Gedan | 40. | Hidari-gote | Chûdan Ura-gasumi |
| 29 | Nijûkyû-ban: Hotsu | In | Gedan | 41.-42. | Mizo'ochi / Dô | Jôdan Ura-gasumi |
| 30 | Sanjû-ban: Uragiri | Seigan | Gedan | 43. | Men | Hidari-Jôdan Katate |
| 31 | Sanjûichi-ban: Kasumi-nagashi | Seigan | Gedan | 44. | Migi-gote | Jôdan-gasumi |
| 32 | Sanjûni-ban: Haya-Kiri-kaeshi | In | Seigan | 45. | Migi-Dô | Hongaku |
| 33 | Sanjûsan-ban: Junpi | In | Seigan | 46. | Hidari-gote | Gedan |
| 34 | Sanjûyon-ban: Nuke-Junpi | In | Seigan | 47.-48. | Dô / Migi-gote | Hiraki-dachi |

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| 35 | Sanjûgo-ban: Tsumari | In | Seigan | 49. | Nodo | Gedan |
| 36 | Sanjûroku-ban: Jûji-kuzushi | Seigan | Gedan | 50.-51 | Migi-gote / Hidari-gote | Gedan |
| 37 | Sanjûnana-ban: Renzoku Kiriotoshi Shin | In | Seigan | 52. | Migi-gote | Gedan |
| 38 | Sanjûhachi-ban: Renzoku Kiriotoshi Gyô | In | Seigan | 53. | Migi-gote | Gedan |
| 39 | Sanjûkyû-ban: Renzoku Kiriotoshi Sô | In | Seigan | 54.-55. | Men / Men | Jôdan |
| 40 | Yonjû-ban: Yorimi | In | Seigan | 56. | Migi-gote | Gedan |
| 41 | Yonjûichi-ban: Koshimi | In | Seigan | 57. | Ushiro-Kubi | Yô |
| 42 | Yonjûni-ban: Aiba | In | Gedan | 58.-59. | Migi-gote / Hidari-gote | Gedan |
| 43 | Yonjûsan-ban: Hari-Aiba | In | Gedan | 60. | Nodo | chûdan-gasumi |