**Kitei Taigi - 110 seconds**

1. Shomenuchi Kokyunage
   * When ki moves, enter straight behind uke
   * Raise both arms
   * Bring arms straight down, lead straight up and down
2. Yokomenuchi Shihonage
   * Step back in the direction of uke's ki
   * Enter passing closely in front of uke
   * Turn completely to the point where uke naturally falls
3. Munetsuki Koteoroshi (Katameru)
   * Lead ki without blocking it
   * Bring arm straight down, lead straight up and down
   * Place free hand over elbow, roll uke over and pin
4. Katatedori Tenkan Ikkyo
   * Extend ki from fingertips (curl fingers, not wrist)
   * Take ikkyo at the lowest point in the arc
   * Bring arm straight up and down, pin (place free hand lightly over elbow, other hand leads uke)
5. Katadori Nikyo (Irimi)
   * Brush uke's hand down and take ma-ai without changing position of hand
   * Using an up and down rhythm, lead uke's hand to shoulder, while raising free hand fully and sending ki to apply nikyo
   * Leap behind uke leading tenkan and pin
6. Ushiro-tekubidori Sankyo (Katameru)
   * Brush uke's hand down and take ma-ai without changing position of hand
   * Take sankyo when the hands reach the top
   * Bring uke's fingertips down, placing free hand on elbow, lead in the direction of ki and pin

**Taigi #1 - Katatetori - 65 seconds**

1. Kokyunage ("Onshi no gyoi" = "Holding the Emperor's Clothes")
   * Extend ki from fingertips
   * Bring arm down straight from the elbow
   * Bring arms up straight
   * Drop arms down straight and seishi (pause calmly) in sayuwaza from
2. Kokyunage (Kirikaeshi)
   * Change direction of ki at the moment uke's ki comes (up and down motion)
   * Face in the direction of the lead
   * After kirikaeshi, drop straight down to throw
3. Kokyunage (Zenponage)
   * Take a large hop forward (draw back foot to the front foot)
   * Nage must face the direction of the throw
4. Kokyunage (Kaitenage)
   * Change direction of ki at the moment uke's ki comes (up and down motion)
   * Place the free hand on uke's head as it goes down
   * Do not step through
5. Shihonage
   * Extend ki from fingertips
   * Take uke's hand without stopping his ki
   * Turn completely to the point where uke naturally falls
6. Ikkyo
   * Extend ki from fingertips
   * Take ikkyo at the lowest point in the arc
   * Lead arm straight up and down (lead from the hand holding the wrist, hand on the elbow holds lightly)

**Taigi #2 - Katatetori Ryotemochi - 71 seconds**

1. Kokyunage (Tobikomi - leaping forward)
   * Extend ki from fingertips
   * Raise both arms
   * Bring arms straight down, lead straight up and down
2. Kokyunage (En undo)
   * Extend ki from fingertips
   * Point fingertips in the direction of the lead
   * Bring arms straight down, lead straight up and down
3. Kokyunage (Hachinoji - figure eight)
   * After doing tenkan, seishi
   * Leap in behind opponent completely, raise both arms
   * Bring arms straight down, lead straight up and down
4. Kokyunage (Zenponage)
   * Extend ki from fingertips
   * Bring arm straight up at the moment ki comes
   * Drop arm straight down to throw
5. Nikyo
   * Extend ki from fingertips
   * Bring fingertips up completely and bring them straight down
   * Leap behind uke, drop arms straight down, and pin
6. Koteoroshi
   * Extend ki from fingertips
   * Take hand at the lowest point in the arc
   * When pinning, one hand must seishi (pause calmly)

**Taigi #3 - Yokomenuchi - 49 seconds**

1. Kokyunage (Sudori)
   * Enter with shoulders parallel to uke's chest
2. Kokyunage (Bow)
   * Bow straight down
3. Koyunage Irimi
   * Enter straight forward and lead from shoulder
4. Shihonage
   * Step back in the direction of uke's ki
   * Enter passing closely in front of uke
   * Turn completely to the point where uke naturally falls
5. Kokyunage (Sudorinage)
   * Step back in the direction of ki
   * Strike uke's chin with one hand
   * Throw in the direction of ki
6. Kokyunage (Hachinoji - figure eight)
   * Step back in the direction of ki, both arms open and comfortably stretched
   * Leap straight behind uke with both arms up
   * Bring arms straight down, lead straight up and down

**Taigi #4 - Ryokatatori - 60 seconds**

1. Kokyunage (bow)
   * When uke's kii comes, bow without moving feet
   * Bring head down completely
   * Bring head up completely
2. Kokyunage (kirikaeshi - bow)
   * Move from one point
   * Bring head down completely
   * Bring head up completely
3. Kokyunage (bow twice)
   * Both arms naturally open when you are stepping back while extending ki forward
   * Bow twice straight (Bring head completely down and up with a "1-2" rhythm)
   * Bring head up completely
4. Sudori
   * Line of visionn must be straight forward
   * Catch the moment of uke's ki movement, jump in towards uke's feet with the intention to scoop (opposite side of uke's front foot)
   * Look towards uke while standing up at the end of throw
5. Nikyo
   * Bruch uke's hand down and take ma-ai without changing position of hand
   * Using up and down rhythm, lead uke's hand to shoulder while raising free hand fully and sending ki to apply nikyo
   * Leap behind uke, lead with tenkan and pin
6. Kokyunage (Zenponage)
   * Step back straight
   * Drop one of uke's arms with tegatana (edge of hand)
   * Nage must face the direction of the throw

**Taigi #5 - "Children's Arts" - 77 seconds**

1. Shomenuchi Kokyunage
   * When ki moves, enter straight behind opponent
   * Raise both arms
   * Bring arms straight down, lead straight up and down
2. Yokomenuchi Shihonage
   * Step back in the direction of uke's ki
   * Enter passing closely in front of uke
   * Turn completely to the point where uke naturally falls
3. Munetsuki Koteoroshi (Katameru)
   * Lead uke's ki without blocking it
   * Bring arms straight down, leading straight up and down
   * Place free had over elbow, roll uke over and pin
4. Katatori Ikkyo (Irimi)
   * Brush uke's hand down and take ma-ai without changing position of hand
   * Lead straight up and down before stepping in
   * Pin must be done with both knees down, standing on toes
5. Koyu Dosa
   * Body enters straight in and elbow drops down
   * Pin uke with ki, standing on toes

**Taigi #6 - Ushirotekubidori - 71 seconds**

1. Ushirodori Kokyunage (Zenponage)
   * Both arms up the moment uke makes contact
   * Look in the direction ki leads after throwing
2. Ushirotekubidori Kokyunage (Uragaeshi - inside out)
   * Use vertical rhythm
   * Raised hand pauses calmly
   * Bring both arms back after throwing
3. Ushirotekubidori Kokyunage (Zenponage)
   * Use vertical rhythm
   * Reverse both hands when arms reach the top
   * Go down from one point bowing head while throwing
4. Ushirotekubidori Koteoroshi (Hantai tenkan)
   * Hantai tenkan - reverse tenkan the moment uke's ki comes
   * Fully extend arm when turning
   * Execute koteoroshi immediately
5. Ushirotekubidori Ikkyo
   * Use vertical rhythm
   * Place free hand lightly over the elbow
   * Pin must be done with both hands down and sitting on toes
6. Ushirotekubidori Sankyonage
   * Use vertical rhythm
   * Take sankyo when the hands reach to top
   * Bring fingertips of hand down, swing fully upwards
   * Throw forward, keeping sankyo hold

**Taigi #7 - Munetsuki Keri - 66 seconds**

1. Kokyunage (Michibikigaeshi - lead back and return)
   * When ki moves, fingertips point at uke's fist
   * Turn palm down and point back, cut uke¹s neck with two fingers without touching
   * Look straight forward with seishi after cut
2. Ikkyo (Hantai tenkan)
   * Step back with hantai tenkan, hold uke's thrusting hand down with tegatana
   * Hold uke's fist lightly and bring it back in the direction of uke's face, drop straight down, then step in forward
   * Look straight forward with seishi after cut
3. Kokyunage (Zenponage)
   * Skip back
   * Use up and down motion to execute throw
   * Face the direction of the throw and seishi
4. Kokyunage (Irimi) Keri - front kick
   * Chop at uke's front kick with tegatana (tegatana must be parallel with mat)
   * Strike uke's face with back of hand
   * Moment of strike, draw the hand back to chest
5. Kokyunage (Ashidori) Keri - low roundhouse kick
   * Maintain hanmi, bend wrist to keep little finger outside
   * Catch uke's foot without changing the position of the hand
   * Use one hand to throw
6. Koteoroshi (Nageppanashi - throw away)
   * Lead uke's thrusting ki without blocking
   * Face the direction of the throw
   * Open the body by taking two sliding steps to make a large throw

**Taigi #8 - Ryotedori - 50 seconds**

1. Kokyunage (Tenchinage Irimi)
   * Bring elbow straight down with leading hand (step in to side of uke's front leg)
   * Bring leading hand straight up, other hand points down
   * Drop down straight from fingertips to throw
2. Kokyunage (Tenchinage Tenkan)
   * Bring elbow straight down with leading hand after tenkan (take one step back)
   * Bring leading hand straight up, other hand points down
   * Drop down straight from fingertips to throw
3. Kokyunage (Hakucho no Mizuumi - "Swan Lake")
   * Bring uke up
   * Drop arm like udemawashi
   * When arms drop, go down from one point with head bent down
   * Touch mat with back of hands
4. Kokyunage (Dojyo Sukui)
   * Use hands with koteoroshi form
   * Move elbow up and down, seishi with sayuwaza form to throw
5. Kokyunage (Zenponage)
   * The moment uke comes to catch, lead uke up
   * Take uke's hand with yonkyo
   * Must face the direction of throw
6. Kokyunage (Kirikaeshi)
   * Change direction of ki at the moment uke comes to catch
   * Face the direction of the lead
   * After kirikaeshi, drop straight down to throw

**Taigi #9 - Shomenuchi - 67 seconds**

1. Ikkyo (Irimi)
   * Bring uke's tegatana in
   * Slide straight up, then straight down
   * Step in after arms are down
   * Pin must be done with both knees down and sitting on toes
2. Ikkyo (Tenkan)
   * Step straight behind uke when ki moves
   * Bring arms straight down and pin (lead from hand holding wrist, hand on elbow holds lightly)
3. Kokyunage Irimi
   * When ki moves, enter straight behind uke
   * Raise both arms
   * Bring arms straight down, lead straight up and down
4. Koteoroshi
   * Do not block opponent's ki
   * Take uke's tegatana from top lightly
   * Bring arm straight down, lead straight up and down
5. Kokyunage (Kirikaeshi)
   * Bring front leg back
   * Take uke's tegatana from above lightly
   * Bring arm straight down, lead straight up and down
6. Kokyunage (Zenponage)
   * Skipping back
   * Throw with up and down motion
   * Face the direction of the throw

**Taigi #10 - Katadori Shomenuchi - 65 seconds**

1. Kokyunage Irimi
   * The moment uke comes to catch shoulder, take a large step in with hamni posture
   * Slide up uke's face with tegatana
   * Erect posture at the end of the throw
2. Kokyunage En Undo
   * Extend ki from fingertips
   * Point fingertips in the direction of the lead and down
   * One hand touches uke's neck
   * Keep one point while throwing
3. Kokyunage (Hachinoji)
   * Lead uke's hand down with front hand and take ma-ai
   * Leap in straight behind uke
   * Bring arm straight down, straight up and down
4. Nikyo
   * Extend ki from the fingertips
   * The hand taking nikyo and uke's hand should go down together
   * Pin with both knees down, standing on toes
5. Sankyo (Uragaeshi)
   * Keep leading hand stretched, free hand catches uke's fingertips
   * Enter fully with irimi
   * Keep takin up slack in ki with sankyo to throw
6. Kokyunage (Zenponage)
   * The moment uke strikes, slide up to uke's face to draw uke's ki out
   * Skip forward in the direction of ki and throw

**Taigi #11 - Katatedori - 56 seconds**

1. Kokyunage (Irimi)
   * Little finger of nage's held wrist must point straight up
   * Nage's body must enter straight ahead (Irimi)
   * The throwing arm must pause calmly (Seishi) after throw
2. Kokyunage (Irimi)
   * When the held arm is raised, the free arm takes hold
   * Let go of uke's hand when the arm is dropped
   * Bring arms straight down, up and down
3. Kosadori Kokyunage
   * Do not pull ki
   * Enter straight behind uke
   * Raise both arms
   * The throw is performed with a vertical rhythm
4. Kosadori Kokyunage (Makikaeshi)
   * Bend the fingers in towards uke's wrist (towards the root of the thumb) and drop the hand straight down
   * The throwing arm must pause calmly (Seishi) after throw
5. Kosadori Kokyunage (Makikaeshi Nage)
   * Wrist moves with a vertical rhythm (don't stretch arm)
   * The throwing arm must pause calmly (Seishi) after the throw
   * The front foot takes a half-step forward
6. Kosadori Kokyunage (Kirikaeshi)
   * Redirect uke's ki iat moment it comes (using vertical rhythm)
   * Face the direction of leading
   * After reversing uke's direction, drop arm straight down

**Taigi #12 - Katatedori Ryotemochi - 66 seconds**

1. Kokyunage (Irimi)
   * Drop elbow down in order to lead uke's ki
   * Enter irimi from your fingertips
   * After the throw, the hand stops as it is
2. Kokyunage (Tenkan)
   * Turn completely (180 degrees) to face the same direction as uke without moving the shoulder, but turn the head
   * After completing one turn, the back of the held had lightly brushes the mat in order to lead uke's ki
   * Raise both arms and throw uke down with ki and stop
3. Nikyo
   * Raise both arms together
   * Take uke's hand at the lowest point
   * Lead uke's wrist to the shoulder using a vertical rhythm, while raising free hand fully and sending ki to apply nikyo
   * Lead behind uke, leading tenkan and pin
4. Ikkyo (Kirikaeshi)
   * After completely reversing uke's direction, drop arm straight down
   * Skip forward
   * Pin must be done with both knees down, standing on toes
5. Kokyunage (Zenponage)
   * Leading hand must move in the same direction in which uke moves
   * Skip forward and complete throw with body movement
6. Kokyunage (Ball Nage)
   * Relax completely when uke's ki comes
   * Use balde of hand to make the throw
   * After the throw, hand returns to natural position (do not strike a pose)

**Taigi #13 - Yokomenuchi - 61 seconds**

1. Kokyunage (Irimi)
   * Enter immediately (on the "N" of "Now")
   * Lead opponent's arm from the shoulder
   * Erect posture at the end of the throw
2. Kokyunage (Jujinage)
   * Enter immediately (on the "N" of "Now")
   * Enter straight in a hanmi posture
   * Bring arms straight down, and straight up and down
3. Kokyunage (Atemi)
   * Enter straight into uke's chest, one hand protects face
   * Fist contacts uke's lower abdomen
   * Thrust forward with a turning fist
4. Shihonage (Irimi Tobikimi)
   * Leap in front of uke until uke and nage change places completely
   * Enter passing closely in front of uke
   * Turn completely to the point where uke falls
5. Koteoroshi (En undo)
   * One hand protects face when nage enters
   * Drop uke's wrist down as uke's wrist rolls in
   * Lead arm straight up and down to throw
6. Kokyunage (Kirikaeshi)
   * Step back in the direction of uke's ki and seishi
   * Swing back the uke's arm, enter close with hanmi to uke's armpit
   * Skip forward to throw

**Taigi #14 - Katadori - 85 seconds**

1. Ikkyo (Tenkan)
   * Brush uke's hand down and take ma-ai without changing the position of hand
   * Lead arm straight up and down (elbow hand holds lightly)
   * Enter straight down behin uke and pin
2. Nikyo (Irimi)
   * Brush uke's hand down and take ma-ai without changing the position of hand
   * Using a vertical rhythm, lead uke's hand to shoulder while raising the free hand fully and sending ki to apply nikyo
   * Leap behind uke leading tenkan and pin
3. Sankyo (Tenkan)
   * Brush uke's hand down and take ma-ai without changing the position of hand
   * After taking sankyo, when lowing arm, the inside hand must be placed on elbow while leading arm down from fingertips
   * Pin is made standing with the hand which applied sankyo
4. Yonkyo (Irimi)
   * Brush uke's hand down and take ma-ai without changing the position of hand
   * The forefinger of the hand applying yonkyo must be extended straight and applied perpendicularly
   * Pin by applying yonkyo in the position where uke falls
5. Kokyunage (Ushiromuki)
   * Turn on the spot where the shoulder is grabbed
   * Both arms move down between legs
   * At the end, arms come down calmly (without colliding)
6. Kokyunage (Ushiromaki Kirikaette Yokomenuchi)
   * Lead uke's kii down
   * When standing up, put one hand on uke's elbow
   * Throw uke with yokomenuchi movement

**Taigi #15 - "Middle School Students" - 89 seconds**

1. Shomenuchi Ikkyo
   * Bring uke's tegatana in
   * Slide straight up, then straight down, step in after arms are down
   * Pin must be done with both knees down and sitting on toes
2. Yokomenuchi Kokyunage (Hachinoji)
   * Step back in the direction of ki, after catching uke's hand, both arms open and comfortably stretched
   * Leap straight behind uke, both arms up
   * Bring arms straight down, lead straight up and down
3. Munetsuki Kokyunage (Zenponage)
   * Skip back
   * Use up and down motion to execute throw
   * Face the direction of the throw and seishi
4. Katatori Nikyo (Irimi)
   * Brush uke's hand down, and take ma-ai without changing position of hand
   * Using up and down rhythm, lead uke's hand to shoulder while raising free hand fully and sending ki to apply nikyo
   * Lead behind uke leading tenkan and pin
5. Ushirodori Kokyunage (Zenponage)
   * Both arms up the moment uke makes contact
   * Look in the direction ki leads after throwing
6. Ushirotekubidori (Sankyonage)
   * Use vertical rhythm
   * Take sankyo when the hands reach the top
   * Bring fingertips of hand down, swing fully upwards
   * Throw forward keeping sankyo hold

**Taigi #16 - Zagi - 60 seconds**

1. Shomenuchi Ikkyo Irimi
   * Bring uke's tegatana in
   * Slide straight up and drop straight down
   * Pin with shikko (knee walk)
2. Shomenuchi Tenkan
   * Step straight behind uke when ki moves
   * Bring arms straight down and hold (lead from hand holding wrist, hand on elbow holds lightly)
   * Pin with shikko
3. Katatori Shomenuchi
   * Enter stright, slide up and over uke's head with tegatana
   * Thrust solar plexus with free hand in a fist
   * Erect posture at the end of throw
4. Shomenuchi Kokyunage
   * Both hands up
   * Bring arms straight up until uke hits the mat
   * Bring arms straight up and straight down
   * Seishi when pinning
5. Munetsuki Koteoroshi (Katameru)
   * Lead uke's thrusting ki without blocking
   * Bring arm straight up and straight down
   * Seishi when pinning
6. Yokomenuchi Kokyunage
   * Step in forward with one knee
   * Both arms up and throw
   * Erect posture when finishing throw

**Taigi #17 - Zagi Handachi - 54 seconds**

1. Katatedori Kokyunage (Zenponage)
   * Lead uke's hand down to knee when uke comes to grab
   * Bring arm straight up and straight down
   * Erect posture at the end of the throw
2. Katatedori Kokyunage (Kirikaeshi)
   * Change the direction of ki at the moment uke's ki comes (down and up movement)
   * Face the direction of the lead
   * Erect posture at the end of the throw
3. Shomenuchi Kokyunage
   * Both arms up
   * Bring arms straight down until uke hits the mat
   * Bring arms straight up and straight down
   * Seishi when pinning
4. Ushirokatadori Kokyunage
   * Lead uke's ki
   * Bring arm straight down, straight up, and straight down
5. Munetsuki Koteoroshi
   * Lead uke's thrusting ki without blocking
   * Bring arm straight down, straight up, and straight down
   * Seishi when pinning
6. Yokomenuchi kokyunage
   * Bring one knee back
   * Both arms up, then throw
   * Erect posture at the end of the throw

**Taigi #18 - Ushiro Waza - 72 seconds**

1. Kokyunage (Hagaijime - holding elbows)
   * Drop head and bend upper body forward
   * Draw one arm free
   * Jump in behind uke
   * Move with vertical rhythm
2. Ushiro Katadori Kokyunage (Hikoki "Airplane" Nage)
   * Extend both arms out to lead
   * Turn suddenly
   * At the instant of turning, both arms come down together
3. Ushiro Katadori Kokyunage (Suikomi)
   * Extend both arms out to lead
   * Throw both hands between legs
   * Stand up and throw uke by raising both hands up
4. Ushiro Katadori Kokyunage (Zenponage)
   * Extend both arms out to lead
   * Move down from one point, lower head with fists on mat
5. Katatedori Kubishime (Uragaeshi)
   * Use a vertical rhythm to throw
   * Place the other hand on the elbow to lead
   * After throw, stay calm
6. Ushiro Katatedori Kubishime (Zenponage)
   * Direct the little finger side outside under uke's armpit
   * Lead and throw with a vertical rhythm

**Taigi #19 - Munetsuki - 52 seconds**

1. Kokyunage (Uchiwanage)
   * Lead ki from uke's shoulder
   * Cut uke's neck without touching
   * After throw, seishi looking straight forward
2. Kokyunage (Zenponage kubiuchi)
   * The moment uke strikes, enter irimi to other side
   * Strike back of neck with ki using blade of the hand, and face the direction of uke
   * Draw back your hand
3. Kokyunage (Uchiwanage menuchi)
   * Lead ki from uke's shoulder
   * Hit uke's face with knuckle
   * The moment of hit, draw back hand to chest
4. Kokyunage (Irimi sudori)
   * Keep ki (face) forward until uke strikes
   * Sense and enter at moment uke's ki moves
   * Stand up after throw looking at uke
5. Kokyunage (Shomenuchi)
   * Lead uke's ki upward by raising fingertips straight up
   * The body itself does not move, hit uke's face
   * Draw back hand above head
6. Kokyunage (Hantai tenkan)
   * Do not hold uke's hand but touch lightly with tagatana while doing hantai tenkan
   * Lead uke's hand, jump behind uke
   * Throw by leading straight down

**Taigi #20 - Niningake, Sanningake, Randori - 52 seconds**

1. Kokyunage Zenponage (Once)
   * Lead in from elbows in direction of uke's grip
   * Move forward from one point (don¹t think hands)
   * After throw, seishi
2. Kokyunage Senaka-awase (Once)
   * Lead in from elbows in direction of uke's grip
   * Make en undo movement with elbows fully bent
   * Make ukes line up and throw them
3. Kokyunage (Seiretsu)
   * Enter from the hips
   * Take a big step back to the same direction
   * Make ukes line up and throw them
4. Shihonage
   * Extend ki forward while moving back
   * Lead as if holding a ball
   * Swing both arms over the head
   * Turn fully before dropping arms down
5. Kokyunage (Seiretsu)
   * Lower head as you turn
   * Throw with a vertical motion, standing in the same position
6. Randori
   * Do not grab or be grabbed
   * Keep one point
   * Nage finishes with command of "Hai" andhold ukes back with ki

**Taigi #21 - Tantodori - 131 seconds**

1. Shomenuchi (Koteoroshi)
   * Take uke's hand lightly from above, use up and down motion, execute koteoroshi
   * Take tanto away at the moment of contact, complete follow-through with tanto behind body in a ready position
2. Shomenuchi (Kokyunage)
   * When uke's ki moves, step straight behind uke, use up and down motion to throw
   * Step around uke and complete a full turn
3. Sakatemochi Yokomenuchi Irimi (Gokyo)
   * Enter at the "N" of "Now," lead from uke's shoulder
   * Without moving position of uke's hand, enter behind; drop straight down and pin
4. Sakatemochi Kokyunage
   * Enter at the "N" of "Now," lead from uke's shoulder
   * Erect posture at the end of the throw
5. Yokomenuchi Shihonage
   * Take tanto away with the hand closest to uke at the moment of the throw
6. Munetsuki Koteoroshi
   * Lead uke's thrusting ki without blocking, using up and down motion, execute koteoroshi
   * Take tanto away at the moment of contact, complete follow through with tanto behind body in a ready position
7. Munetsuki Ikkyo (Irimi)
   * Hantai tenkan, hold uke's thrusting hand down, use up and down motion to throw
   * After pinning uke, take tanto away and hold to the side
8. Munetsuki Kokyunage (Zenponage)
   * Skip back, use up and down motion to throw
9. Munetsuki Kokyunage (Hijiuchi menuchi)
   * Chop uke's thrusting ki down with tegatana
   * Bring hand back to chest at the moment uke's face is struck with the back of the hand
10. Munetsuki Kokyunage (Kaitenage)
    * Hold uke's thrust with both hands
    * Take tanto away, use tanto at the back of the next to keep uke's head down, then throw

**Taigi #22 - Tachitori - 106 seconds**

1. Shomenuchi Irimi Sudori Kokyunagee
   * Enter straight and throw uke with up and down motion
   * Keep bokken calm when immobilizing uke
2. Shomenuchi Koteoroshi (right side only)
   * Hold uke's hand lightly and execute koteoroshi with up and down motion
   * Take bokken away instantly and have a ready posture with the bokken pointed back
3. Shomenuchi Irimidore (left side only)
   * Cut with tegatana from uke's face down to the space between uke's hands on the bokken
   * After the throw, keep upper body erect
4. Yokomenuchi Irimi
   * Enter straight in hanmi
   * After the throw, keep upper body erect
5. Yokomenuchi Shihonage (left side only)
   * Lead bokken down avoiding cutting legs
   * Take bokken away instantly and have a ready posture with the bokken pointed back
6. Munetsuki Koteoroshi (right side only)
   * Lead uke's thrusting ki without stopping it and throw with koteoroshi in an up and down motion
   * Take bokken away instantly and have a ready posture with the bokken pointed back
7. Munetsuki Kokyunage (Zenponage)
   * Throw with vertical movement, avoid being cut by bokken
8. Munetsuki Kokyunage (Irimi Sudori)
   * Look straight forward
   * Jump into uke's feet the moment ki comes
   * After the throw, stand up looking at uke
9. Douchi Kokyunage
   * Enter straight and throw with vertical rhythm
10. Yokobarai Kokyunage
    * Enter at the moment the bokken points at nage

**Taigi #23 - Jodori - 124 seconds**

1. Shomenuchi Irimi Sudori Kokyunage
   * Enter straight and throw uke with up and down motion
   * Keep jo calm when immobilizing uke
2. Shomenuchi Koteoroshi (right side only)
   * Hold uke's hand lightly and execute koteoroshi with up and down motion
   * Take jo away instantly and have a ready posture with the jo pointed back
3. Shomenuchi Irimidore (left side only)
   * Cut with tegatana from uke's face down to the space between uke's hands on the bokken
   * After the throw, keep upper body erect
4. Yokomenuchi Shihonage (left side only)
   * Lead jo down avoiding cutting legs
   * Take away jo with left hand above the uke's hands and throw
5. Yokomenuchi Kokyunage (Zenponage)
   * Catch the jo while you step back
   * Throw uke by hitting his back in the direction of his ki
6. Munetsuki Kokyunage (Tsukikaeshi)
   * Hold jo loosely so that the uke's tsuki remains straight
   * The moment uke's tsuki stops, change the direction of jo upward and throw
7. Munetsuki Kokyunage (Zenponage)
   * Lead jo upward without changing the direction of tsuki
   * Take a step and throw
8. Munetsuki Kokyunage (Kirikaeshi)
   * Hold jo and tenkan
   * Execute kirikaeshi and throw uke by pointing jo toward uke's face
9. Douchi Kokyunage
   * Enter straight and throw with and up and down rhythm
10. Yokobarai Kokyunage
    * Enter at the moment the jo points at nage

**Taigi #24 - Jonage - 68 seconds**

1. Kokyunage
   * Throw uke with vertical movement without disturbing uke's ki
   * Seishi at the end of throw
2. Kokyunage (Zenponage)
   * Lead jo upward without disturbing uke's ki
   * Throw and seishi
3. Sakatemochi Kokyunage (Zenponage)
   * Lead jo upward without disturbing uke's ki
   * Throw and seishi
4. Shihonage
   * Point jo straight up
   * The moment jo points up, pass through and throw straight down, seishi
5. Nikyo
   * Push jo forward the moment uke tries to hold it
   * Move the end of jo straight down toward uke's face and seishi
6. Koteoroshi
   * Turn jo in a small circle inside uke's hand
   * Throw uke straight down and seishi
7. Kokyunage (Kirikaeshi)
   * Lead uke forward
   * The movement uke passes, execute kirikaeshi and point jo up
   * Throw uke forward with a step and seishi
8. Kokyunage (Ashisukui)
   * Lead uke's ki straight forward
   * Move the end of jo in a big circle to the back of uke's knees
   * Throw by swinging jo upward and seishi

*Combined time for 25 & 26 is 44 seconds.*  
**Taigi #25 - Kengi Dai Ichi - 27 seconds**

1. Hold bokken horizontally with left hand, blade underside
2. Sit seiza, put bokken down and bow without putting left hand on knee
3. Hold bokken with seigan no kamae by moving left foot back
4. Left hand must hold the end of bokken
5. Count in Japanese in harmony with bokken movements
6. Tip of bokken should stay calm
7. Counts 1, 3, 5 & 7 should be done by swinging up from the tip of bokken and by swinging down from one point
8. Counts 2, 4, 6 & 8 should be done by thrusting with whole body without bending upper body
9. Bokken should be horizontal with tsuki
10. Counts 9 and 12 should be done by swinging down from above head and by using the weight of bokken
11. Turn one and half times
12. The arm and bokken should be horizontal when turning
13. After turning, swing up bokken and stay calm with left foot forward
14. Swing down bokken calmly while stepping back into seigan no kamae
15. Nage must finish exactly where they started
16. Hold bokken horizontally with left hand keeping the blade underside
17. Sit seiza, put bokken down at left side and bow without putting left hand on knee
18. Stand up, turn to the right and walk out

**Taigi #26 - Kengi Daini - 29 seconds**

1. Hold bokken horizontally with left hand, blade underside
2. Sit seiza, put bokken down and bow without putting left hand on knee
3. Hold bokken with seigan no kamae by moving left foot back
4. Left hand must hold the end of bokken
5. Count in Japanese in harmony with bokken movements
6. Tip of bokken should stay calm
7. First movement steps with right foot forward and cuts to the left
8. Counts 5 & 7 should be done swinging bokken down with one point
9. Counts 6 & 8 should be done with tsuki with the whole body without bending the upper body
10. The bokken should stay horizontal in tsuki
11. Counts 9 & 10 should be big and rhythmical
12. Turn with arm and bokken horizontal
13. After turning, stop with bokken up
14. Swing down bokken calmly while stepping back into seigan no kamae
15. Nage must finish exactly where they started
16. Hold bokken horizontally with left hand keeping the blade underside
17. Sit seiza, put bokken down at left side and bow without putting left hand on knee
18. Stand up, turn to the right and walk out

*Combined time for 27 & 28 is 66 seconds.*  
**Taigi #27 - Jogi Dai Ichi - 38 seconds**

1. Hold jo in left armpit and keep it calm
2. Sit seiza, put jo down at left side and bow without putting hands on knees
3. Take sankaku no kamae (triangle kamae) by moving right foot back
4. Hold jo lightly
5. One hand should always hold one end of the jo
6. One hand should hold jo when changing holds
7. Count in Japanese according to jo movement
8. Move big, relaxed and with rhythm
9. After tsuki, keep upper body erect; there should be no space between right arm and armpit
10. After tsuki, draw right foot to the left foot
11. After tsuki, pull up the jo and above head and step back to the right
12. At count 9, pull right foot to the front left
13. On counts 13 & 17, strike tsuki back after hitting down
14. In the end, at 1 again, finish with seishi
15. Nage must finish exactly where they started
16. Sit seiza, put jo down at left side and bow without putting hands on knees
17. Keep jo in left armpit calmly
18. Stand up, turn to the right and walk out

**Taigi #28 - Jogi Daini - 40 seconds**

1. Hold jo in left armpit and keep it calm
2. Sit seiza, put jo down at left side and bow without putting hands on knees
3. Take sankaku no kamae (triangle kamae) by moving right foot back
4. Hold jo lightly
5. One hand should always hold one end of the jo
6. One hand should hold jo when changing holds
7. Count in Japanese according to jo movement
8. Move big, relaxed and with rhythm
9. After tsuki, keep upper body erect; there should be no space between right arm and armpit
10. From count 12 to 14, look in the direction of tsuki; jo should be horizontal
11. At count 16, keep arm and jo horizontal
12. After turning, swing jo above head
13. On count 17, sweep up jo from lower right to upper left
14. In the end, at 1 again, finish with seishi
15. Nage must finish exactly where they started
16. Sit seiza, put jo down at left side and bow without putting hands on knees
17. Keep jo in left armpit calmly
18. Stand up, turn to the right and walk out