



Part 1. Movements

Solo and Pair Movements. Listed according to the lessons

BPM Lesson 1

- Exercise 1 | Gedan
 - Weight Transition Idea
- Exercise 2 | Heavy Weight Transition
 - Melt Down Variation
 - Body Push Variation
- Exercise 3 | Funekogi Undo
 - Variation 1
 - Variation 2

BPM Lesson 2

- Basic Stand-Up & Sit-Down**
- Exercise 1 | Lazy Get-Up
- Exercise 2 | Foot Substitute

BPM Lesson 3

- Basic Shikko**
- Exercise 1 | Carrying Bowl of Water
 - Smoothing Shikko
- Exercise 2 | Level Transitions
 - Stand Up to Tachi Waza
 - Step Forward to Shikko
 - Turn Around to Shikko
 - Ushiro Shikko Transitions
- Exercise 3 | Step Ups
 - Forward Steps in Half-Standing
 - Backward Steps in Diagonal
- Exercise 4 | Shikko Tenkan
 - Turning in Seiza
 - Tenkan Walk
 - Stand Up from Shikko Tenkan

BPM Lesson 4

- Basic Shomen & Yokomen (Uchi)**
- Exercise 1 | Shield and Strike
 - Escape to the Left
 - Escape to the Right
 - Move in Triangle
- Exercise 2 | Four Directions
 - Body Turn
 - Shomen Strike
- Exercise 3 | Shikko Suburi
 - Step and Strike
 - Shield and Strike

BPM Lesson 5

- Basic Tsuki (Uchi)**
- Exercise 1 | Tsuki and Shomen
- Exercise 2 | Tsuki and Shielding for Yokomen Uchi

BPM Lesson 6

- Seigan, Shomen & Yokomen (Uchi)**
- Exercise 1 | Grip Cutting
- Exercise 2 | Parallel Arm Entry
 - Turn to Tegatana Seigan
 - Enter with the Arm Form
- Exercise 3 | Wrestling Hook
 - Variation 1
 - Variation 2

BPM Lesson 7

- Basic Mae Ukemi**
- Exercise 1 | Roll Accompany
- Exercise 2 | Spring Roll
- Exercise 3 | Koshi Fall
- Exercise 4 | Jump Roll

BPM Lesson 8

- Basic Ushiro Ukemi**
- Exercise 1 | Turn to Opposite Roll
- Exercise 2 | Double Side Roll
- Exercise 3 | Side Step and Rotation
- Exercise 4 | Wrestling Hook Drop Down

BPM Lesson 9

- Tenkai & Tenkan**
- Exercise 1 | Koshi Hold
- Exercise 2 | Standing Up for Tenkan
- Exercise 3 | Grip Cutting and Tenkan

BPM Lesson 10

- Irimi Entrance & Sokumen Irimi**
- Entrance with Reversed Tegatana
- Sokumen Irimi Entrance
- Exercise 1 | Inside Turn for Entrance
- Exercise 2 | Standing Up for Irimi
- Exercise 3 | Irimi Conditioning and Parallel Arm Entry