

**PART 1**

Kibarai  
Breathing  
Kenko Taiso  
Jo  
Bokken  
Kumitachi  
Shinken  
Seitaiho  
Ukemi  
Shikko  
Aiki Taiso  
Zagi Ryotedori  
Suwariwaza  
Handachi  
Katate kosadori  
Katatedori  
Misogi with bell

**PART 2**

La Bellone (Anne Molitor & Marie-Rose Meysman)  
Taninzugake  
Ryotedori  
Seitaiho  
Ryotemochi  
Jonage  
Hakama

**PART 3**

Tatami (and Alés playing the piano!)  
Kibarai  
Hitoriwaza (with hand, tanto & bokken)  
Tsuki (with hand, tanto & bokken)  
Talk  
Ushirodori  
Ushiro katatedori (Ushrio Katatedori Kubishime)  
Ushiro Ryokatadori  
Ushirodori Hagajime  
Ushirodori Tzusukiwaza (Taigi)  
Taninzugake

**PART 4**

Teateho  
Kibarai  
Katadori  
Katadori Menuchi  
Ryokatadori

**PART 5**

Kibarai  
Shomenuchi  
Yokomenuchi  
Tantodori  
Bokkendori  
Jodori