

**[0] Kitei Taigi (Basis Taigi) - 110 Sekunden**

1. Shōmenuchi Kokyūnage
2. Yokomenuchi Shihōnage irimi
3. Munetsuki Koteoroshi katameru
4. Katatedori Ikkyō tenkan
5. Katadori Nikyō irimi
6. Ushirotekubidori Sankyō katameru

**[1] Daiichi Taigi Katatedori "Shōdan" - 65 Sekunden**

1. Katatedori Kokyūnage Tenkan (Onshi no gyoi)
2. Katatedori Kirikaeshi
3. Katatedori Zempō Nage
4. Katatedori Kaiten Nage
5. Katatedori Shihōnage Tenkan
6. Katatedori Ikkyō Tenkan

**[2] Daini Taigi Katatedori Ryōtemochi "Nidan" - 58 Sekunden**

1. Katatedori Ryōtemochi Kokyūnage Tenkan (chōyaku undō, tobikomi)
2. Katatedori Ryōtemochi Kokyūnage Tenkan (maru undō, en undō)
3. Katatedori Ryōtemochi Kokyūnage Tenkan (hachi no ji)
4. Katatedori Ryōtemochi Zempō Nage
5. Katatedori Ryōtemochi Nikyō Tenkan
6. Katatedori Ryōtemochi Koteoroshi Tenkan

**[3] Daisan Taigi Yokomenuchi "Sandan" - 43 Sekunden**

1. Yokomenuchi sudōri
2. Yokomenuchi sudōri (ojigi)
3. Yokomenuchi Kokyūnage Irimi  
*1 bis 3 werden je Seite in einer Folge ausgeführt*
4. Yokomenuchi Shihōnage Irimi
5. Yokomenuchi Kokyūnage Sudōri Nage
6. Yokomenuchi Kokyūnage Tenkan (hachi no ji)

**[4] Daiyon Taigi Ryōkatadori "Frauen Taigi" - 60 Sekunden**

1. Ryōkatadori Kokyūnage Tenkan (ojigi)
2. Ryōkatadori Kokyūnage Tenkan (kirikaeshi ojigi)
3. Ryōkatadori Kokyūnage Tenkan (nido ojigi)
4. Ryōkatadori Kokyūnage sudōri
5. Ryōkatadori Nikyō Tenkan
6. Ryōkatadori Zempō Nage (Yokomenuchi)

**[5] Daigo Taigi "Kinder Taigi" - 77 Sekunden**

1. Shōmenuchi Kokyūnage
2. Yokomenuchi Shihōnage
3. Munetsuki Koteoroshi
4. Katadori Ikkyō Irimi
5. Kokyū Dōsa

**[6] Dairoku Taigi Ushiro Waza "Rentner über 60" - 58 Sekunden**

1. Ushirodori Kokyūnage (Zempō Nage)
2. Ushirotekubidori Kokyūnage Tenkan (Ura Gaeshi)
3. Ushirotekubidori Kokyūnage Zempō Nage
4. Ushirotekubidori Koteoroshi (Hantai Tenkan)
5. Ushirotekubidori Ikkyō Tenkan
6. Ushirotekubidori Sankyō Nage

**[7] Dainana Taigi Munetsuki & Keri (Fußtritt) - 66 Sekunden**

1. Munetsuki Kokyūnage michibikikaeshi (Hals schneiden)
2. Munetsuki Ikkyō (Hantai Tenkan)
3. Munetsuki Zempō Nage
4. Maegeri Kokyūnage Irimi
5. Mawashikeri Kokyūnage (Ashi dori)
6. Munetsuki Koteoroshi Nagehanashi

**[8] Daihachi Taigi Ryōtedori - 50 Sekunden**

1. Ryōtedori Tenchinage Irimi
2. Ryōtedori Tenchinage Tenkan
3. Ryōtedori Kokyūnage (Hakuchō no mizuumi, Yurei Nage - "Schwanensee")
4. Ryōtedori Kokyūnage (Sayū undō)
5. Ryōtedori Kokyūnage Zempō Nage
6. Ryōtedori Kokyūnage Kirikaeshi

**[9] Daikyū Taigi Shōmenuchi - 56 Sekunden**

1. Shōmenuchi Ikkyō Irimi
2. Shōmenuchi Ikkyō Tenkan
3. Shōmenuchi Kokyūnage Irimi
4. Shōmenuchi Koteoroshi
5. Shōmenuchi Kokyūnage Kirikaeshi
6. Shōmenuchi Kokyūnage Zempō Nage

**[10] Dajū Taigi Katadori Shōmenuchi - 59 Sekunden**

1. Katadori Menuchi Kokyūnage Irimi (Ohne Berührung)
2. Katadori Menuchi Kokyūnage Tenkan (En undō, Maru undō)
3. Katadori Menuchi Kokyūnage Tenkan (Hachi no Ji)
4. Katadori Menuchi Nikyō Tenkan
5. Katadori Menuchi Kokyūnage Sankyō urakaeshi
6. Katadori Menuchi Kokyūnage Zempō Nage

**[11] Daijūichi Taigi Katatedori - 56 Sekunden**

1. Katatedori Kokyūnage Irimi (Ohne Berührung)
2. Katatedori Kokyūnage Irimi/Tenkan
3. Katatekosadori Kokyūnage tobikomi
4. Katatekosadori Kokyūnage Makikaeshi (mit Handgelenkdrehung)
5. Katatekosadori Kokyūnage Irimi Makikaeshinage (Handgelenkdrehung berührungslos)
6. Katatekosadori Kokyūnage Kirikaeshi

**[12] Dajūni Taigi Katatedori Ryōtemochi - 66 Sekunden**

1. Katatedori Ryōtemochi Kokyūnage Irimi
2. Katatedori Ryōtemochi Kokyūnage Tenkan
3. Katatedori Ryōtemochi Kokyūnage Nikyō Tenkan
4. Katatedori Ryōtemochi Kokyūnage Ikkyō Kirikaeshi
5. Katatedori Ryōtemochi Kokyūnage Zempō Nage Tenkan
6. Katatedori Ryōtemochi Kokyūnage Bōlu (ボール) Nage

**[13] Dajūsan Taigi Yokomenuchi - 61 Sekunden**

1. Yokomenuchi Kokyūnage Irimi
2. Yokomenuchi Kokyūnage Juji Irimi Nage
3. Yokomenuchi Kokyūnage Atemi
4. Yokomenuchi Shihōnage Irimi Tobikomi
5. Yokomenuchi Koteoroshi (Maru undō, en undō)
6. Yokomenuchi Kokyūnage Zempō Nage Kirikaeshi

**[14] Dajūyon Taigi Katadori - 85 Sekunden**

1. Katadori Ikkyō Tenkan
2. Katadori Nikyō Irimi
3. Katadori Sankyō Tenkan
4. Katadori Yonkyō Irimi
5. Katadori Kokyūnage Ushiromuki
6. Katadori Kokyūnage Ushiromuki Kirikaeshi (Yokomenuchi)

**[15] Dajūgo Taigi "Intermediate School 11 to 14 years old" - 85 Sekunden**

1. Shōmenuchi Ikkyō Irimi
2. Yokomenuchi Kokyūnage Tenkan (Hachi no Ji)
3. Munetsuki Kokyūnage Zempō Nage
4. Katadori Nikyō Irimi
5. Ushirodori Kokyūnage Zempō Nage
6. Ushirotekubidori Sankyō Nage

**[16] Dajūroku Taigi Zagi - 57 Sekunden**

1. Shōmenuchi Ikkyō Irimi
2. Shōmenuchi Ikkyō Tenkan
3. Katadori Shōmenuchi Kokyūnage Irimi
4. Shōmenuchi Kokyūnage
5. Munetsuki Koteoroshi katameru
6. Yokomenuchi Kokyūnage

**[17] Dajūnana Taigi Zagi Handachi - 53 Sekunden**

1. Katatedori Kokyūnage (Zempō Nage)
2. Katatedori Kokyūnage Kirikaeshi
3. Shōmenuchi Kokyūnage
4. Ushirokatadori Kokyūnage
5. Munetsuki Koteoroshi
6. Yokomenuchi Kokyūnage

**[18] Dajūhachi Taigi Ushiro Waza - 72 Sekunden**

1. Ushirodori Kokyūnage Hagaijime (holding elbows)
2. Ushiro Katadori Kokyūnage Hikōki Nage (Airplane) Nage
3. Ushiro Katadori Kokyūnage Suikomi (Hikōki Kirikaeshi)
4. Ushiro Katadori Kokyūnage Zempō Nage
5. Ushiro Katatedori Kubijime Kokyūnage Uragaeshi
6. Ushiro Katatedori Kubijime Zempō Nage

**[19] Dajūkyū Taigi Munetsuki - 52 Sekunden**

1. Munetsuki Kokyūnage Uchiwanage Kibikiri (Fächer)
2. Munetsuki Kokyūnage Zempō Nage Kubiuchi (Yokomenuchi)
3. Munetsuki Kokyūnage Uchiwanage Menuchi
4. Munetsuki Kokyūnage Irimi Sudōri
5. Munetsuki Kokyūnage Shōmenuchi
6. Munetsuki Kokyūnage Koteoroshi Hantai Tenkan

**[20] Dainijū Taigi Futari Sannin Waza - 82 Sekunden**

1. Futari Ryōtemochi Kokyūnage Zempō Nage (one time)
2. Futari Ryōtemochi Kokyūnage Senaka Awase (one time)
3. Futari Ryōtemochi Kokyūnage Seiretsu (one time)
4. Futari Ryōtemochi Shihōnage
5. Sannin Ryōtemochi Kokyūnage Seiretsu
6. Goningake Randori

**[21] Dainijūichi Taigi Tanken Dori - 131 Sekunden**

1. Shōmenuchi Koteoroshi
2. Shōmenuchi Kokyūnage Irimi
3. Gyakutemochi Yokomenuchi Irimi Gokyō (Sakate)
4. Gyakutemochi Yokomenuchi Kokyūnage irimi (Sakate)
5. Yokomenuchi Shihōnage
6. Munetsuki Koteoroshi
7. Munetsuki Ikkyō Irimi
8. Munetsuki Kokyūnage Zempō Nage
9. Munetsuki Hiji Menuchi
10. Munetsuki Kokyūnage Kaiten Nage

**[22] Dainijūni Taigi Tachi Dori (Bokken Dori) - 106 Sekunden**

1. Shōmenuchi Irimi sudōri - Shōmenuchi Kokyūnage
2. Shōmenuchi Koteoroshi (right only)
3. Shōmenuchi Irimi Dori (left only)
4. Yokomenuchi Kokyūnage Irimi
5. Yokomenuchi Shihōnage (left only)
6. Munetsuki Koteoroshi (right only)
7. Munetsuki Kokyūnage Zempō Nage
8. Munetsuki Kokyūnage Irimi Sudōri
9. Douchi Kokyūnage
10. Yokobarai Kokyūnage

**[23] Dainijūsan Taigi Jo Dori - 124 Sekunden**

1. Shōmenuchi Irimi Sudōri - Shōmenuchi Kokyūnage
2. Shōmenuchi Koteoroshi (right only)
3. Shōmenuchi Irimi Dori (left only)
4. Yokomenuchi Shihōnage (left only)
5. Yokomenuchi Kokyūnage Zempō Nage
6. Munetsuki Kokyūnage Tsukikaeshi
7. Munetsuki Kokyūnage Zempō Nage
8. Munetsuki Kokyūnage Kirikaeshi
9. Douchi Kokyūnage
10. Yokobarai Kokyūnage

**[24] Dainijūyon Taigi Jo Nage - 68 Sekunden**

1. Kokyūnage
2. Kokyūnage Zempō Nage
3. Sakate Mochi Kokyūnage Zempō Nage
4. Shihōnage
5. Nikyō
6. Koteoroshi
7. Kokyūnage Kirikaeshi
8. Kokyūnage Ashi Sukui

**[25] Dainijūgo Taigi Ken (Daiichi Kengi, Happōgiri) - 27 Sekunden**

1. Shōmenuchi
2. Sonomama tzuki hasaki o migi ni mukeru
3. Ushiro o muite menuchi
4. Sonomama tzuki hasaki o hidari ni mukeru
5. Hidari yoko ni muite menuchi
6. Sonomama tzuki hasaki o migi ni mukeru
7. Nanmeyoko(?) ni muite menuchi
8. Ushiro o muite menuchi
9. Hidari yoko ni muite menuchi
10. Ushiro o muite menuchi

*Performed twice; first time with counting aloud at regular speed, second time faster and without counting.*

**[26] Dainijūroku Taigi Ken (Daini Kengi) - 29 Sekunden**

*The counting rhythm is: 1-2, 3-4, 5-6, 7-8, 9-10, 11-12, 13*

1. Ichinotachi
2. Ichinotachi
3. Hidari Kesagake renzoku uchi
4. Migi Kesagake renzoku uchi
5. Ushiro Uchi
6. Tsuki
7. Ushiro Uchi
8. Tsuki
9. Hidari Kesagake Tobikomi
10. Migi Kesagake Tobikomi
11. Tsuki
12. Hidari Kesagake

**[27] Dainijūnana Taigi Jo (Daiichi Jogi) - 38 Sekunden**

1. Tsuki Zujō
2. Tsuki Zujō
3. Hidari Yokomenuchi
4. Gyaku Yokomenuchi
5. Kahō tsuki ushiromuki
6. Ushiro ni muite tzuki zujō
7. Hidari Yokomenuchi
8. Gyaku Yokomenuchi
9. Kahō uchi ushiromuki
10. Tzuki
11. Migi Yokomenuchi
12. Tzuki zujō
13. Kōhō tzuki
14. Haraige
15. Sonomama tzuki
16. Tzuki zujō
17. Kōhō tzuki hiza o tzukinagara
18. Ashibarai
19. Sonomama tzuki
20. Tzuki
21. Haidari ashigari migi shitakara hidari haraiage
22. Mochikaete tzuki

*Counting 1-22: performed twice; first time with counting aloud at regular speed, second time faster and without counting*

**[28] Dainijūhachi Taigi Jo (Daini Jogi) - 40 Sekunden**

1. Tsuki Zujō
2. Tsuki Zujō
3. Hidari Yokomenuchi
4. Mawashite Migi Uchi Oroshi
5. Migi Yokomenuchi
6. Tsuki Zujō - Ushiro Muki
7. Hidari Yokomenuchi
8. Mawashite Migi Oroshi
9. Migi Yokomenuchi
10. Tsuki Zujō - Ushiro Muki
11. Hidari Yokomenuchi
12. Hidari Kōhōtsuki
13. Migi Kōhōtsuki
14. Tsuki - Ushiro Muki
15. Fumikonde Hidari Yokomenuchi
16. Issenkai Kiribarai Zujō (circle)
17. Migi Shitakara hidari e sukuiage
18. Sonomama Tsuki
19. Migi Yokomenuchi
20. Tsuki
21. Hidari Ashi Sagari Migishitakara Hidari Ue Harai Age
22. Mochikaete Tsuki

**[29] Dainijūkyū Taigi Uchi Ken (Tachi Uchi, Kumitachi) - 82 Sekunden**

1. Kote Uchi
2. Migi Dō Uchi
3. Hidari Dō Uchi
4. Nodo Tsuki
5. Shōmenuchi
6. Hidari Yokomenuchi - Migi Yokomenuchi

**[30] Daisanjū Taigi Shinken (Kokoro No Ken)**

1. Shōmenuchi
2. Hidari Ashi Mae Uchi - Ushiro Uchi
3. Migi Ashi Mae Uchi - Ushiro Uchi
4. Hidari Yokomenuchi
5. Migi Yokomenuchi
6. Hidari Kesa Ashi Barai
7. Migi Kesa Ashi Barai