

## Kenjutsu

Bo 1	<a href="http://www.youtube.com/watch?v=SkGtJeb9oSo">http://www.youtube.com/watch?v=SkGtJeb9oSo</a>
Bo 1 Junior	<a href="http://www.youtube.com/watch?v=gK5DB6VQHGs">http://www.youtube.com/watch?v=gK5DB6VQHGs</a>
Bo 1 Junior Ins	<a href="http://www.youtube.com/watch?v=wz6MW-7ifp8">http://www.youtube.com/watch?v=wz6MW-7ifp8</a>
Bo 1 Senior	<a href="http://www.youtube.com/watch?v=YNK5jku6zyk">http://www.youtube.com/watch?v=YNK5jku6zyk</a>
Bo 1 Senior Ins	<a href="http://www.youtube.com/watch?v=tlzo7UNQQCE">http://www.youtube.com/watch?v=tlzo7UNQQCE</a>
Bo 2	<a href="http://www.youtube.com/watch?v=C1YX_Pzomog">http://www.youtube.com/watch?v=C1YX_Pzomog</a>
Bo 2 Junior	<a href="http://www.youtube.com/watch?v=gkJzbskpg9k">http://www.youtube.com/watch?v=gkJzbskpg9k</a>
Bo 2 Junior Ins	<a href="http://www.youtube.com/watch?v=oh0zMHcylM">http://www.youtube.com/watch?v=oh0zMHcylM</a>
Bo 2 Senior	<a href="http://www.youtube.com/watch?v=Ys13JuiOhYc">http://www.youtube.com/watch?v=Ys13JuiOhYc</a>
Bo 2 Senior Ins	<a href="http://www.youtube.com/watch?v=mmWj6eUBscQ">http://www.youtube.com/watch?v=mmWj6eUBscQ</a>
Bo 3	<a href="http://www.youtube.com/watch?v=Zz77ZlcyOXE">http://www.youtube.com/watch?v=Zz77ZlcyOXE</a>
Bo 3 Junior	<a href="http://www.youtube.com/watch?v=bywthZ3GC84">http://www.youtube.com/watch?v=bywthZ3GC84</a>
Bo 3 Junior Ins	<a href="http://www.youtube.com/watch?v=NJozIEC7rWw">http://www.youtube.com/watch?v=NJozIEC7rWw</a>
Bo 3 Senior	<a href="http://www.youtube.com/watch?v=yweHBPVeIXA">http://www.youtube.com/watch?v=yweHBPVeIXA</a>
Bo 3 Senior Ins	<a href="http://www.youtube.com/watch?v=OFJ003my0wk">http://www.youtube.com/watch?v=OFJ003my0wk</a>
Bo 4	<a href="http://www.youtube.com/watch?v=KLvLE5eg-Go">http://www.youtube.com/watch?v=KLvLE5eg-Go</a>
Bo 4 Junior	<a href="http://www.youtube.com/watch?v=jamQXHvV8vg">http://www.youtube.com/watch?v=jamQXHvV8vg</a>
Bo 4 Junior Ins	<a href="http://www.youtube.com/watch?v=M_i2Fb8X7lO">http://www.youtube.com/watch?v=M_i2Fb8X7lO</a>
Bo 4 Senior	<a href="http://www.youtube.com/watch?v=IC18f5CDy14">http://www.youtube.com/watch?v=IC18f5CDy14</a>
Bo 4 Senior Ins	<a href="http://www.youtube.com/watch?v=GfN39La9ZuY">http://www.youtube.com/watch?v=GfN39La9ZuY</a>
Bo 5	<a href="http://www.youtube.com/watch?v=GcKnijITvyM">http://www.youtube.com/watch?v=GcKnijITvyM</a>
Bo 5 Junior	<a href="http://www.youtube.com/watch?v=sa44wCauAmQ">http://www.youtube.com/watch?v=sa44wCauAmQ</a>
Bo 5 Junior Ins	<a href="http://www.youtube.com/watch?v=ItWKazWQFQI">http://www.youtube.com/watch?v=ItWKazWQFQI</a>
Bo 5 Senior	<a href="http://www.youtube.com/watch?v=V59ry6u0J1M">http://www.youtube.com/watch?v=V59ry6u0J1M</a>
Bo 5 Senior Ins	<a href="http://www.youtube.com/watch?v=WijE97cBwhs">http://www.youtube.com/watch?v=WijE97cBwhs</a>
Bo 6	<a href="http://www.youtube.com/watch?v=imK1lrhrmmM">http://www.youtube.com/watch?v=imK1lrhrmmM</a>
Bo 6 Junior	<a href="http://www.youtube.com/watch?v=io_q3moVOtE">http://www.youtube.com/watch?v=io_q3moVOtE</a>
Bo 6 Junior Ins	<a href="http://www.youtube.com/watch?v=z_47lEN72r8">http://www.youtube.com/watch?v=z_47lEN72r8</a>
Bo 6 Senior	<a href="http://www.youtube.com/watch?v=GxcjgvBFiPE">http://www.youtube.com/watch?v=GxcjgvBFiPE</a>
Bo 6 Senior Ins	<a href="http://www.youtube.com/watch?v=cGYBZeXp2ws">http://www.youtube.com/watch?v=cGYBZeXp2ws</a>
Gogyo 1	<a href="http://www.youtube.com/watch?v=qyaZ6CTk6kk">http://www.youtube.com/watch?v=qyaZ6CTk6kk</a>
Gogyo 1 Instruction	<a href="http://www.youtube.com/watch?v=TmWF72M81ql">http://www.youtube.com/watch?v=TmWF72M81ql</a>
Gogyo 2	<a href="http://www.youtube.com/watch?v=14xndjHS_fm">http://www.youtube.com/watch?v=14xndjHS_fm</a>
Gogyo 2 Instruction	<a href="http://www.youtube.com/watch?v=XvCGnbxx5MY">http://www.youtube.com/watch?v=XvCGnbxx5MY</a>
Gogyo 3	<a href="http://www.youtube.com/watch?v=FyWFyAl6dtA">http://www.youtube.com/watch?v=FyWFyAl6dtA</a>
Gogyo 3 Instruction	<a href="http://www.youtube.com/watch?v=GQgUtX7gwk0">http://www.youtube.com/watch?v=GQgUtX7gwk0</a>
Gogyo 4	<a href="http://www.youtube.com/watch?v=0F-K1r9mRS0">http://www.youtube.com/watch?v=0F-K1r9mRS0</a>
Gogyo 4 Instruction	<a href="http://www.youtube.com/watch?v=R4lO10J4uH0">http://www.youtube.com/watch?v=R4lO10J4uH0</a>
Gogyo 5	<a href="http://www.youtube.com/watch?v=YaRjUiFtTqs">http://www.youtube.com/watch?v=YaRjUiFtTqs</a>
Gogyo 5 Instruction	<a href="http://www.youtube.com/watch?v=qyaZ6CTk6kk">http://www.youtube.com/watch?v=qyaZ6CTk6kk</a>
Kodachi 1	<a href="http://www.youtube.com/watch?v=P_agY99x4rI">http://www.youtube.com/watch?v=P_agY99x4rI</a>
Kodachi 1 Instruction	<a href="http://www.youtube.com/watch?v=XWsijrT7O3Y">http://www.youtube.com/watch?v=XWsijrT7O3Y</a>
Kodachi 2	<a href="http://www.youtube.com/watch?v=mRYrgxesC4U">http://www.youtube.com/watch?v=mRYrgxesC4U</a>
Kodachi 2 Instruction	<a href="http://www.youtube.com/watch?v=RcVGrQSEArA">http://www.youtube.com/watch?v=RcVGrQSEArA</a>
Kodachi 3	<a href="http://www.youtube.com/watch?v=dW_GKv5DThY">http://www.youtube.com/watch?v=dW_GKv5DThY</a>
Kodachi 3 Instruction	<a href="http://www.youtube.com/watch?v=x2AYRsviXAM">http://www.youtube.com/watch?v=x2AYRsviXAM</a>

Ryoto 1 Instruction	<a href="http://www.youtube.com/watch?v=V07P8ncOMHs">http://www.youtube.com/watch?v=V07P8ncOMHs</a>
Ryoto 2 Instruction	<a href="http://www.youtube.com/watch?v=fm_PlzSg28U">http://www.youtube.com/watch?v=fm_PlzSg28U</a>
Ryoto 3 Instruction	<a href="http://www.youtube.com/watch?v=AoRMXl7er6c">http://www.youtube.com/watch?v=AoRMXl7er6c</a>
Ryoto 4 Instruction	<a href="http://www.youtube.com/watch?v=Torw0m034NQ">http://www.youtube.com/watch?v=Torw0m034NQ</a>
Tachi 1	<a href="http://www.youtube.com/watch?v=l5jlfJk3kKg">http://www.youtube.com/watch?v=l5jlfJk3kKg</a>
Tachi 1 Junior	<a href="http://www.youtube.com/watch?v=_yChITAWyf4">http://www.youtube.com/watch?v=_yChITAWyf4</a>
Tachi 1 Junior Ins	<a href="http://www.youtube.com/watch?v=S0ZWmf76hdU">http://www.youtube.com/watch?v=S0ZWmf76hdU</a>
Tachi 1 Senior	<a href="http://www.youtube.com/watch?v=tHDYyS06tRg">http://www.youtube.com/watch?v=tHDYyS06tRg</a>
Tachi 1 Senior Ins	<a href="http://www.youtube.com/watch?v=AhM3ejhgct8">http://www.youtube.com/watch?v=AhM3ejhgct8</a>
Tachi 2	<a href="http://www.youtube.com/watch?v=YCN797-GbJc">http://www.youtube.com/watch?v=YCN797-GbJc</a>
Tachi 2 Junior	<a href="http://www.youtube.com/watch?v=pU8RQ6rK3oo">http://www.youtube.com/watch?v=pU8RQ6rK3oo</a>
Tachi 2 Junior Ins	<a href="http://www.youtube.com/watch?v=v_49pJz2o2s">http://www.youtube.com/watch?v=v_49pJz2o2s</a>
Tachi 2 Senior	<a href="http://www.youtube.com/watch?v=dYDfxeoF3k8">http://www.youtube.com/watch?v=dYDfxeoF3k8</a>
Tachi 2 Senior Ins	<a href="http://www.youtube.com/watch?v=AWUGwHchk9I">http://www.youtube.com/watch?v=AWUGwHchk9I</a>
Tachi 3	<a href="http://www.youtube.com/watch?v=KvzY7xBCdZE">http://www.youtube.com/watch?v=KvzY7xBCdZE</a>
Tachi 3 Junior	<a href="http://www.youtube.com/watch?v=lduZU0XrWoQ">http://www.youtube.com/watch?v=lduZU0XrWoQ</a>
Tachi 3 Junior Ins	<a href="http://www.youtube.com/watch?v=88MtTrgwmul">http://www.youtube.com/watch?v=88MtTrgwmul</a>
Tachi 3 Senior	<a href="http://www.youtube.com/watch?v=ZSJ1miAZEoU">http://www.youtube.com/watch?v=ZSJ1miAZEoU</a>
Tachi 3 Senior Ins	<a href="http://www.youtube.com/watch?v=xI07DhANJnw">http://www.youtube.com/watch?v=xI07DhANJnw</a>
Tachi 4	<a href="http://www.youtube.com/watch?v=aQ9KmcBU22Q">http://www.youtube.com/watch?v=aQ9KmcBU22Q</a>
Tachi 4 Junior	<a href="http://www.youtube.com/watch?v=wHOsSDKEIjY">http://www.youtube.com/watch?v=wHOsSDKEIjY</a>
Tachi 4 Junior Ins	<a href="http://www.youtube.com/watch?v=a7O7PZDBM6U">http://www.youtube.com/watch?v=a7O7PZDBM6U</a>
Tachi 4 Senior	<a href="http://www.youtube.com/watch?v=tYZH0VjsZd8">http://www.youtube.com/watch?v=tYZH0VjsZd8</a>
Tachi 4 Senior Ins	<a href="http://www.youtube.com/watch?v=rtaFVB-QYFU">http://www.youtube.com/watch?v=rtaFVB-QYFU</a>
Eagle Claw	
EC 1	<a href="http://www.youtube.com/watch?v=33p8dPGsz2A">http://www.youtube.com/watch?v=33p8dPGsz2A</a>
EC 2	<a href="http://www.youtube.com/watch?v=NBZDFMk-OFI">http://www.youtube.com/watch?v=NBZDFMk-OFI</a>
EC 3	<a href="http://www.youtube.com/watch?v=VBJugsrROk4">http://www.youtube.com/watch?v=VBJugsrROk4</a>
EC 4	<a href="http://www.youtube.com/watch?v=4kzJ_nlzVmU">http://www.youtube.com/watch?v=4kzJ_nlzVmU</a>
EC Chen Adv	<a href="http://www.youtube.com/watch?v=BWeEj3d_bCA">http://www.youtube.com/watch?v=BWeEj3d_bCA</a>
EC Chen Basic	<a href="http://www.youtube.com/watch?v=8DTAUrj-10g">http://www.youtube.com/watch?v=8DTAUrj-10g</a>
EC Chen Int	<a href="http://www.youtube.com/watch?v=7xBILIK9RV0">http://www.youtube.com/watch?v=7xBILIK9RV0</a>
MYB Flows	
MYB finger	<a href="http://www.youtube.com/watch?v=naYghIRBiKI">http://www.youtube.com/watch?v=naYghIRBiKI</a>
MYB Shoulder Part 1	<a href="http://www.youtube.com/watch?v=YbWoTqwghb4">http://www.youtube.com/watch?v=YbWoTqwghb4</a>
MYB Shoulder Part 2	<a href="http://www.youtube.com/watch?v=MhfRdIkj1Lk">http://www.youtube.com/watch?v=MhfRdIkj1Lk</a>
MYB Wrist	<a href="http://www.youtube.com/watch?v=43Ji8FpKD68">http://www.youtube.com/watch?v=43Ji8FpKD68</a>