

1/ Nakayama Special

<http://www.youtube.com/watch?v=W1mTsFa2K48>

2/ Yaguchi Shihan #1 hand techniques

<http://www.youtube.com/watch?v=5JJz-1FCA2w>

3/ Yaguchi Shihan #2 leg techniques

<http://www.youtube.com/watch?v=u40ntdirXII>

4/ Okazaki Shihan on power

<http://www.youtube.com/watch?v=O7SlrTmKldw>

5/ Enoeda Sensei leg sweep

<http://www.youtube.com/watch?v=v38XQJgK7W0&list=PL78C2549390DB81C2>

6/ Okazaki Shihan and friends

<http://www.youtube.com/watch?v=jVDe056ERMM>

7/ ISKF Tournament rules

<http://www.iskf.com/tournament%20rules.html>

8/ ISKF grading guidelines Kyu and Dan

<http://www.iskf.com/information.html>