

# MISOGI BOKKEN

SHOMEN RAPIDE

SHOMEN PROGRESSIF

SHOMEN LENT



1. -HA +SU (3x)

2. =HE=HE=HE=HE=HE=HE

3. -HA+SU (3x)

4. =HE=HE=HE

5. Pause

6. =TOHOKAMI =EMITAME (2x)

7. =TO =HO =KA =MI =E =MI =TA =ME

8. =TO =HO =KAMI =EMI =TAME

9. -TOHO+KAMI -EMI+TAME

10. TOHOKAMIEMITAME

11. = =