

Kobudo

Bo01F	http://www.youtube.com/watch?v=RxXMo-9fEZU
Bo11F	http://www.youtube.com/watch?v=Yj6zk-R5t8U
Bo11S	http://www.youtube.com/watch?v=N2K7l6Gwn3s
Bo12F	http://www.youtube.com/watch?v=rqKBB9J3-Bk
Bo12S	http://www.youtube.com/watch?v=-KO1-mkzVp4
Bo13F	http://www.youtube.com/watch?v=L-sZPV9TRVM
Bo13S	http://www.youtube.com/watch?v=GvvbTgD7cak

Kenjutsu

Bo 1	http://www.youtube.com/watch?v=SkGtJeb9oSo
Bo 1 Junior	http://www.youtube.com/watch?v=gK5DB6VQHGs
Bo 1 Junior Ins	http://www.youtube.com/watch?v=wz6MW-7ifp8
Bo 1 Senior	http://www.youtube.com/watch?v=YNK5jku6zyk
Bo 1 Senior Ins	http://www.youtube.com/watch?v=tlzo7UNQQCE
Bo 2	http://www.youtube.com/watch?v=C1YX_Pzomog
Bo 2 Junior	http://www.youtube.com/watch?v=qkJzbskpg9k
Bo 2 Junior Ins	http://www.youtube.com/watch?v=oh0zMHcyzIM
Bo 2 Senior	http://www.youtube.com/watch?v=Ys13JuiOhYc
Bo 2 Senior Ins	http://www.youtube.com/watch?v=mmWj6eUBscQ
Bo 3	http://www.youtube.com/watch?v=Zz77ZlcyOXE
Bo 3 Junior	http://www.youtube.com/watch?v=bywthZ3GC84
Bo 3 Junior Ins	http://www.youtube.com/watch?v=NJoziEC7rWw
Bo 3 Senior	http://www.youtube.com/watch?v=yweHBPVeiXA
Bo 3 Senior Ins	http://www.youtube.com/watch?v=OFJ0O3my0wk
Bo 4	http://www.youtube.com/watch?v=KLvLE5eg-Go
Bo 4 Junior	http://www.youtube.com/watch?v=jamQXHvV8vg
Bo 4 Junior Ins	http://www.youtube.com/watch?v=M_i2Fb8X7l0
Bo 4 Senior	http://www.youtube.com/watch?v=lc18f5CDy14
Bo 4 Senior Ins	http://www.youtube.com/watch?v=GfN39La9ZuY
Bo 5	http://www.youtube.com/watch?v=GcKniITvyM
Bo 5 Junior	http://www.youtube.com/watch?v=sa44wCauAmQ
Bo 5 Junior Ins	http://www.youtube.com/watch?v=ltWKazWQFQI
Bo 5 Senior	http://www.youtube.com/watch?v=V59ry6u0J1M
Bo 5 Senior Ins	http://www.youtube.com/watch?v=WijE97cBwhs
Bo 6	http://www.youtube.com/watch?v=imK1lrhrmmM
Bo 6 Junior	http://www.youtube.com/watch?v=io_q3moVOtE
Bo 6 Junior Ins	http://www.youtube.com/watch?v=z_47lEN72r8
Bo 6 Senior	http://www.youtube.com/watch?v=GxcjgvBFiPE
Bo 6 Senior Ins	http://www.youtube.com/watch?v=cGYBZeXp2ws
Gogyo 1	http://www.youtube.com/watch?v=qyaZ6CTk6kk
Gogyo 1 Instruction	http://www.youtube.com/watch?v=TmWF72M81qI
Gogyo 2	http://www.youtube.com/watch?v=14xndjHS_fm
Gogyo 2 Instruction	http://www.youtube.com/watch?v=XvCGnbxx5MY
Gogyo 3	http://www.youtube.com/watch?v=FyWFyAl6dtA
Gogyo 3 Instruction	http://www.youtube.com/watch?v=GQgUtX7gwk0
Gogyo 4	http://www.youtube.com/watch?v=0F-K1r9mRSo

Gogyo 4 Instruction	http://www.youtube.com/watch?v=R4lO10J4uH0
Gogyo 5	http://www.youtube.com/watch?v=YaRjUiFtTqs
Gogyo 5 Instruction	http://www.youtube.com/watch?v=qyaZ6CTk6kk
Kodachi 1	http://www.youtube.com/watch?v=P_agY99x4rl
Kodachi 1 Instruction	http://www.youtube.com/watch?v=XWsjrT7O3Y
Kodachi 2	http://www.youtube.com/watch?v=mRYrgxesC4U
Kodachi 2 Instruction	http://www.youtube.com/watch?v=RcVGrQSEArA
Kodachi 3	http://www.youtube.com/watch?v=dW_GKv5DThY
Kodachi 3 Instruction	http://www.youtube.com/watch?v=x2AYRsviXAM
Ryoto 1	http://www.youtube.com/watch?v=47VU1dl_DCo
Ryoto 1 Instruction	http://www.youtube.com/watch?v=V07P8ncOMHs
Ryoto 2	http://www.youtube.com/watch?v=NPseFF7pa78
Ryoto 2 Instruction	http://www.youtube.com/watch?v=fm_PlzSg28U
Ryoto 3	http://www.youtube.com/watch?v=DiYMP9tCcmY
Ryoto 3 Instruction	http://www.youtube.com/watch?v=AoRMXl7er6c
Ryoto 4	http://www.youtube.com/watch?v=KG0qEmfsKKI
Ryoto 4 Instruction	http://www.youtube.com/watch?v=Torw0m034NQ
Tachi 1	http://www.youtube.com/watch?v=l5jlfk3kKg
Tachi 1 Junior	http://www.youtube.com/watch?v=yChITAWyf4
Tachi 1 Junior Ins	http://www.youtube.com/watch?v=S0ZWmf76hdU
Tachi 1 Senior	http://www.youtube.com/watch?v=tHDYyS06tRg
Tachi 1 Senior Ins	http://www.youtube.com/watch?v=AhM3eihgct8
Tachi 2	http://www.youtube.com/watch?v=YCN797-GbJc
Tachi 2 Junior	http://www.youtube.com/watch?v=pU8RQ6rK3oo
Tachi 2 Junior Ins	http://www.youtube.com/watch?v=v_49pJz2o2s
Tachi 2 Senior	http://www.youtube.com/watch?v=dYDfxeoF3k8
Tachi 2 Senior Ins	http://www.youtube.com/watch?v=AWUGwHchk9I
Tachi 3	http://www.youtube.com/watch?v=KvzY7xBCdZE
Tachi 3 Junior	http://www.youtube.com/watch?v=lduZU0XrWoQ
Tachi 3 Junior Ins	http://www.youtube.com/watch?v=88MtTrgwmul
Tachi 3 Senior	http://www.youtube.com/watch?v=ZSJ1miAZEoU
Tachi 3 Senior Ins	http://www.youtube.com/watch?v=xlO7DhANJnw
Tachi 4	http://www.youtube.com/watch?v=aQ9KmCbU22Q
Tachi 4 Junior	http://www.youtube.com/watch?v=wHOsSDKEIjY
Tachi 4 Junior Ins	http://www.youtube.com/watch?v=a7O7PZDBM6U
Tachi 4 Senior	http://www.youtube.com/watch?v=tYZH0VjsZd8
Tachi 4 Senior Ins	http://www.youtube.com/watch?v=rtaFVB-QYFU
Eagle Claw	
EC 1	http://www.youtube.com/watch?v=33p8dPGsz2A
EC 2	http://www.youtube.com/watch?v=NBZDFMk-0FI
EC 3	http://www.youtube.com/watch?v=VBJugsrROk4
EC 4	http://www.youtube.com/watch?v=4kzJ_nlzVmU
EC Chen Adv	http://www.youtube.com/watch?v=BWeEj3d_bCA
EC Chen Basic	http://www.youtube.com/watch?v=8DTAUrj-10g
EC Chen Int	http://www.youtube.com/watch?v=7xBILIK9RV0

MYB Flows

MYB finger

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

MYB Shoulder Part 1

<http://www.youtube.com/watch?v=YbWoTqwghb4>

MYB Shoulder Part 2

<http://www.youtube.com/watch?v=MhfRdIkj1Lk>

MYB Wrist

<http://www.youtube.com/watch?v=43Ji8FpKD68>