

**Translation of the Book entitled “Kung Fu TOA in Germany”**

## **(Eleventh Chapter)**

**The order of 702 Kicks in the seven forms of TOA  
with pointing out the directions of the strikes**



**Philosophy of TOA, Warming up and strengthening the muscles and joints without using fitness equipment, standing positions in TOA, elaboration of significant defense and attack techniques of hands and legs, body hardening in TOA, self-defense, sparring and cold weapons in TOA.**

**Also, in this book one will read the first, second, and third forms (Steps) of TOA called Ana-Toa, Ata-Do, and Su-To respectively. At last all 702 Kicks in the 7 forms (Steps) of TOA with the striking directions are listed.**

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Translator: Bagher Shaker**

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**This book is the very result of years of exercise, experience, learning under the supervisions of masters and veterans of TOA and others Martial Artistes and years of research and study of related books. As a result, the author collected his whole knowledge in the current book but do not bear any responsibilities on the usage of its content.**

**The current book was written in Germany in 2004  
and was translated to Persian a year after in 2005.  
This book was translated to English in 2013.**

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To: my wife, parents, brother, sister, and all martial arts enthusiasts

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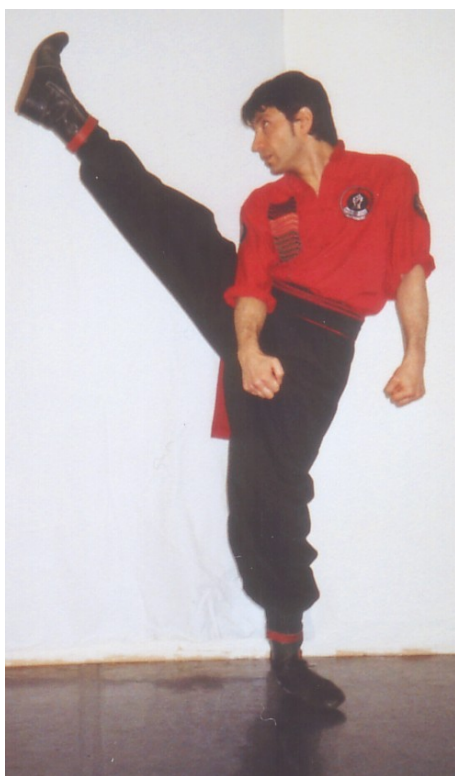
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# Chapter eleven

## A brief talk with the readers

While I myself was trying to learn the fifth form “Mayaneh” and the sixth form “Koana and Vesta-Mayana”, I gathered the order of executing the foot strikes of these two forms as a pamphlet and I referred to it as it was needed, so it was very helpful.

I always advised my students in Germany to use this Pamphlet. I hope this collection would help you, dear readers, to better learn the art of TOA.

Besides, in 2006, I produced a film about the techniques of the seven forms of TOA with my students that it was useful for the trained TOA practitioners so as to remind them of the techniques and direction of moves. Also, using this pamphlet simplifies learning of foot techniques.

### **Note on the second part of the sixth form “Vesta-Mayana”:**

During the training courses of international coaching and referring certification organized in National Olympic & Paralympics Academy of Tehran-Iran in 2010 master Jalilzadeh who was the chairman of technical committee of WUTA, reminded 16 kicks of “Vesta-Mayana” to the experienced TOA masters. Needless to say, these techniques were not new but had not been shown anywhere.

Since these 16 kicks have not been trained in any of instructive films we, too, bring them at the end of 105 kicks of “Vesta-Mayana” separately.

**Different foot techniques, which in this section are referred with strike kind, direction, and that which foot would hit the strike, are explained in chapter 5 (Techniques of foot).**

**Besides, In order for the readers to understand the forms better, I divided them into different part and named them.**

### **Note:**

| <u>Terms</u>  | <u>Sign</u>        |
|---|--------------------|
| <b>In 12 o'clock direction (north direction)</b>                          | <b>12:00</b>       |
| <b>In 6 o'clock direction (south direction)</b>                           | <b>6:00</b>        |
| <b>In 3 o'clock direction (east direction)</b>                            | <b>3:00</b>        |
| <b>In 9 o'clock direction (west direction)</b>                            | <b>9:00</b>        |
| <b>The right foot</b>   | <b>R</b>           |
| <b>The left foot</b>  | <b>L</b>           |
| <b>Different kind of kick techniques (Variants)</b>                       | <b>(V)</b>         |
| <b>Foot attack towards front</b>  | <b>(Front)</b>     |
| <b>Foot attack towards body side</b>                                      | <b>(Side)</b>      |
| <b>Foot attack towards back</b>   | <b>(Back)</b>      |
| <b>Foot strike with the reaction of the other foot (Scissors-Jumping)</b> | <b>(S-J)</b>       |
| <b>Foot strike or defense which is done by (Jumping and Turning)</b>      | <b>(J &amp; T)</b> |
| <b>Foot strike is moved downward (dragged-downward)</b>                   | <b>(Downward)</b>  |

# The order of 6 kicks in the first form of TOA

## “Ana-Toa”



### 1st Part “Doma”

- The defensive technique of “Knee Block” R 12:00
- The defensive technique of “Knee Block” L 12:00

### 2nd Part “Hayma”

### 3rd Part “Vays-Kineh”

### 4th Part “Vaysa”

- 1. Keyetto R 6:00
- 2. Keyetto L 6:00

### 5th Part “Ana-Toa”

- 3. Keyetto R 4:30
- 4. Keyetto L 10:30
- 5. Keyetto L 7:30
- 6. Keyetto L 1:30

**Ata-Do Yaromeh TOA**

# The order of 13 kicks in the second form of TOA "Ata-Do"



## 1st Part

1. Yette-Keyetto R 12:00

## 2nd Part

2. Keyetto L 6:00

3. Yette-Keyetto L 6:00

## 3rd Part

4. Keyetto R 12:00

## 4th Part

5. Keyetto R 12:00

## 5th Part

6. Horayma-Keyetto R 12:00

7. Keyetto L 12:00

8. Horayma-Keyetto R 6:00

9. Keyetto L 6:00

## 6th Part

10. Keyetto R 3:00

11. Horayma-Keyetto L 3:00

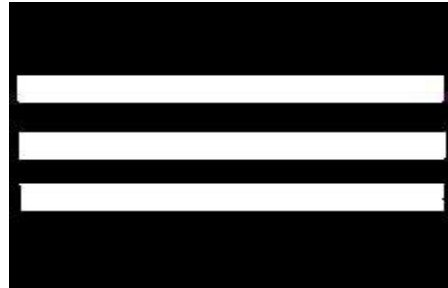
12. Keyetto R 9:00

13. Horayma-Keyetto L 9:00

## 7th Part

**Su-To – Yaromeh – TOA**

# The order of 42 kicks in the third form of TOA "Su-To"



## 1st Part

|            |   |       |
|------------|---|-------|
| 1. Keyetto | R | 12:00 |
| 2. Keyetto | R | 12:00 |
| 3. Keyetto | L | 12:00 |
| 4. Keyetto | L | 12:00 |
| 5. Keyetto | R | 12:00 |
| 6. Keyetto | R | 12:00 |
| 7. Keyetto | L | 12:00 |
| 8. Keyetto | L | 12:00 |

## 2nd Part

|                          |   |       |
|--------------------------|---|-------|
| 09. Haney-Keytto (Front) | R | 12:00 |
| 10. Haney-Keytto (Side)  | R | 3:00  |
| 11. Haney-Keytto (Back)  | R | 6:00  |
| 12. Haney-Keytto (Front) | L | 12:00 |
| 13. Haney-Keytto (Side)  | L | 9:00  |
| 14. Haney-Keytto (Back)  | L | 6:00  |

## 3rd Part

|                   |   |      |
|-------------------|---|------|
| 15. Osaya Keyetto | R | 6:00 |
| 16. Osaya Keyetto | L | 6:00 |
| 17. Osaya-Keyetto | L | 6:00 |
| 18. Osaya-Keyetto | R | 6:00 |

#### 4th Part

|                     |   |      |
|---------------------|---|------|
| 19. Horayad-Keyetto | R | 6:00 |
| 20. Yad-Keyetto     | R | 6:00 |
| 21. Horayad-Keyetto | L | 6:00 |
| 22. Yad-Keyetto     | L | 6:00 |

#### 5th Part

|                   |   |       |
|-------------------|---|-------|
| 23. Yette-Keyetto | R | 12:00 |
| 24. Yette-Keyetto | R | 12:00 |
| 25. Yette-Keyetto | L | 6:00  |
| 26. Yette-Keyetto | L | 6:00  |
| 27. Yette-Keyetto | R | 6:00  |
| 28. Yette-Keyetto | L | 6:00  |

#### 6th Part

|                  |   |      |
|------------------|---|------|
| 29. Nima-Keyetto | R | 6:00 |
| 30. Zero-Keyetto | R | 3:00 |
| 31. Zero-Keyetto | R | 9:00 |
| 32. Nima-Keyetto | L | 6:00 |
| 33. Zero-Keyetto | L | 9:00 |
| 34. Zero-Keyetto | L | 3:00 |

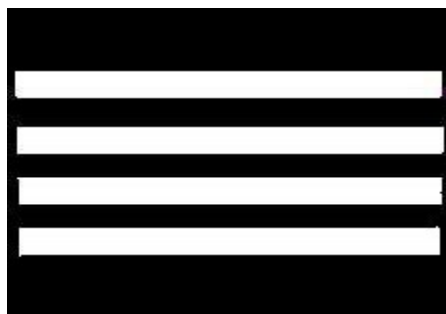
#### 7th Part

|  |   |       |
|--|---|-------|
| 35. Low Kick to the face (1 <sup>st</sup> V) | R | 6:00  |
| 36. Low Kick to the face (1 <sup>st</sup> V) | L | 6:00  |
| 37. Horayma-Keyetto                          | R | 6:00  |
| 38. Horayad-Keyetto                          | R | 6:00  |
| 39. Horayma-Keyetto                          | L | 6:00  |
| 40. Horayad-Keyetto                          | L | 6:00  |
| 41. Osaya-Yad-Keyetto                        | R | 12:00 |
| 42. Osaya-Yad-Keyetto                        | L | 12:00 |

**Sam-Sama-E Yaromeh TOA**



**The order of 64 kicks in the fourth form of TOA**  
**”Sam-Sama-E”**



**1st Part (The right of Sam-Sama-E)**

|                          |   |       |
|--------------------------|---|-------|
| 01. Haney-Keyetto (Side) | L | 12:00 |
| 02. Haney-Keyetto (Side) | R | 10:30 |

**2nd Part (The left of Sam-Sama-E)**

|                          |   |      |
|--------------------------|---|------|
| 03. Haney-Keyetto (Side) | R | 6:00 |
| 04. Haney-Keyetto (Side) | L | 7:30 |

**3rd Part (Hakey - right)**

**4th Part (Hakey - left)**

**5th Part (Khema - right)**

**6th Part (Khema - left)**

**The start of the Sam-Sama-E “Laney Zanboor” or “Beehive”**

**7th Part (Big Beehive - right)**

|  |         |       |
|--|---------|-------|
| 05. Haney-Keyetto (Front) (Downward)               | R       | 12:00 |
| 06. Heyma-Keyetto (Toranma) (2nd V)                | R       | 12:00 |
| 07. Keyetto  | L       | 1:30  |
| 08. Osayya-Keyetto                                 | L       | 1:30  |
| 09. Keyetto  | R       | 1:30  |
| 10. Yette-Keyetto                                  | R       | 6:00  |
| 11. Yette-Keyetto                                  | R       | 6:00  |
| 12. Yette-Keyetto                                  | L       | 6:00  |
| 13. Knee (both hands are dragged against the knee) | L       | 6:00  |
| 14. Double-Toranma-Keyetto                         | (L + R) | 6:00  |
| 15. Haney-Keyetto (Side)                           | L       | 4:30  |
| 16. Haney-Keyetto (Side)                           | R       | 7:30  |

### **8th Part (Big Beehive - left)**

|  |         |       |
|--|---------|-------|
| 17. Haney-Keyetto (Front) (Downward)               | L       | 12:00 |
| 18. Heyma-Keyetto (Toranma) (2nd V)                | L       | 12:00 |
| 19. Keyetto  | R       | 10:30 |
| 20. Osayya-Keyetto                                 | R       | 10:30 |
| 21. Keyetto  | L       | 10:30 |
| 22. Yette-Keyetto                                  | L       | 12:00 |
| 23. Yette-Keyetto                                  | L       | 12:00 |
| 24. Yette-Keyetto                                  | R       | 12:00 |
| 25. Knee (both hands are dragged against the knee) | R       | 12:00 |
| 26. Double-Toranma-Keyetto                         | (L + R) | 12:00 |
| 27. Haney-Keyetto (Side)                           | R       | 1:30  |
| 28. Haney-Keyetto (Side)                           | L       | 10:30 |

### **9th Part (Small Beehive – right & left)**

|                          |   |      |
|--------------------------|---|------|
| 29. Keyetto              | R | 6:00 |
| 30. Keyetto              | L | 6:00 |
| 31. Haney-Keyetto (Side) | L | 7:30 |
| 32. Haney-Keyetto (Side) | R | 4:30 |

### **10th Part (The right part of Self-defense)**

|  |         |       |
|--|---------|-------|
| 33. Keyetto (in film, first, 34 and then, 33 has been shown) | R       | 6:00  |
| 34. Haney-Keyetto (Side)                                     | R       | 6:00  |
| 35. Haney-Keyetto (Front) (Downward)                         | L       | 6:00  |
| 36. Keyetto  | L       | 6:00  |
| 37. Tread on the Toes (Back) (instantly)                     | (L + R) | 6:00  |
| 38. Osaya-Keyetto  | R       | 12:00 |
| 39. Keyetto  | L       | 12:00 |
| 40. Osaya-Keyetto  | R       | 6:00  |
| 41. Keyetto  | L       | 6:00  |
| 42. Osaya-Keyetto  | R       | 6:00  |
| 43. Osaya-Keyetto  | L       | 6:00  |
| 44. Keyetto  | R       | 6:00  |

### **11th Part (Long Stick)**

|  |   |      |
|--|---|------|
| 45. Sima-Keyetto (defensive and on the ground)   | L | 6:00 |
| 46. Horayad-Keyetto (attacked and on the ground) | R | 6:00 |
| 47. Osaya-Keyetto (on the ground)                | R | 6:00 |
| 48. Keyetto                                      | L | 6:00 |

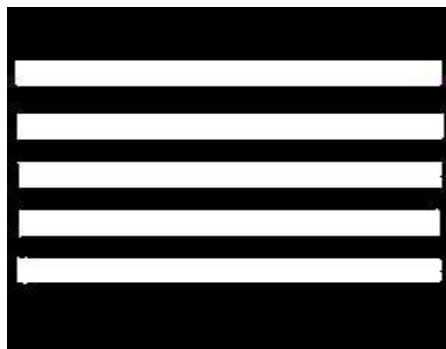
|  |   |      |
|--|---|------|
| 49. Sima-Keyetto (defensive and on the ground)   | R | 6:00 |
| 50. Horayad-Keyetto (attacked and on the ground) | L | 6:00 |
| 51. Osaya-Keyetto (on the ground)                | L | 6:00 |
| 52. Keyetto                                      | R | 6:00 |

**12th Part (The left part of Self-defense)**

|  |         |       |
|--|---------|-------|
| 53. Keyetto (in film, first, 54 and then, 53 has been shown) | L       | 12:00 |
| 54. Haney-Keyetto (Side)                                     | L       | 12:00 |
| 55. Haney-Keyetto (Front) (Downward)                         | R       | 12:00 |
| 56. Keyetto  | R       | 12:00 |
| 57. Tread on the Toes (Back) (instantly)                     | (L + R) | 12:00 |
| 58. Osaya-Keyetto  | L       | 6:00  |
| 59. Keyetto  | R       | 6:00  |
| 60. Osaya-Keyetto  | L       | 12:00 |
| 61. Keyetto  | R       | 12:00 |
| 62. Osaya-Keyetto  | L       | 12:00 |
| 63. Osaya-Keyetto  | R       | 12:00 |
| 64. Keyetto  | L       | 12:00 |

**Mayaneh Yaromeh TOA**

## The order of 313 kicks in the fifth form of TOA “Mayaneh”



**Note:** in most foot techniques in the fifth form, “Continual Kick Techniques” are done by one foot. Therefore, all foot strikes except the last one, are dragged downwards (like Hammer Kick Technique) and it is empowered from downwards again for the next foot strike. The feet are only collected in the last strike. With this method, the next foot strikes are exact and strong like the first one. For example, in doing double “Keyetto” by the right foot, the first “Keyetto” is dragged downwards (like Hammer Kick Technique) and the second “Keyetto” is collected.

### 1st Part (The left and right of Mayaneh towards the part of Beehive)

|                                     |   |       |
|-------------------------------------|---|-------|
| 01. Keyetto (Downward)              | R | 12:00 |
| 02. Keyetto                         | R | 12:00 |
| 03. Haney-Keyetto (Toranma) (Front) | L | 12:00 |
| 04. Heyma-Keyetto (Toranma) (2nd V) | R | 12:00 |
| 05. Keyetto (Downward)              | L | 12:00 |
| 06. Keyetto                         | L | 12:00 |
| 07. Haney-Keyetto (Toranma) (Front) | R | 12:00 |
| 08. Heyma-Keyetto (Toranma) (2nd V) | L | 12:00 |
| 09. Yette-Keyetto (Downward)        | R | 9:00  |
| 10. Yette-Keyetto                   | R | 9:00  |
| 11. Keyetto                         | L | 9:00  |
| 12. Yette-Keyetto                   | R | 9:00  |
| 13. Yette-Keyetto (Downward)        | L | 9:00  |
| 14. Yette-Keyetto                   | L | 9:00  |
| 15. Keyetto                         | R | 9:00  |
| 16. Yette-Keyetto                   | L | 9:00  |

|  |   |      |
|--|---|------|
| 17. Osaya-Keyetto (defensive with moving outwards) | R | 9:00 |
| 18. Osaya-Keyetto                                  | R | 9:00 |
| 19. Osaya-Sima-Keyetto                             | L | 9:00 |
| 20. Yette-Keyetto                                  | R | 9:00 |
| 21. Osaya-Keyetto (defensive with moving outwards) | L | 9:00 |
| 22. Osaya-Keyetto                                  | L | 9:00 |
| 23. Osaya-Sima-Keyetto                             | R | 9:00 |
| 24. Yette-Keyetto                                  | L | 9:00 |
| 25. Keyetto  | R | 9:00 |
| 26. Haney-Keyetto (Front)                          | R | 9:00 |
| 27. Keyetto  | L | 9:00 |
| 28. Haney-Keyetto (Front)                          | L | 9:00 |
| 29. Yette-Keyetto (Zero)                           | R | 3:00 |
| 30. Haney-Keyetto (Side)                           | R | 1:30 |
| 31. Heyma-Keyetto (3rd V)                          | R | 3:00 |
| 32. Yette-Keyetto (Zero)                           | L | 3:00 |
| 33. Haney-Keyetto (Side)                           | L | 4:30 |
| 34. Heyma-Keyetto (3rd V)                          | L | 3:00 |
| 35. Osaya-Keyetto                                  | R | 3:00 |
| 36. Haney-Keyetto (Back)                           | R | 3:00 |
| 37. Osaya-Keyetto                                  | L | 3:00 |
| 38. Haney-Keyetto (Back)                           | L | 3:00 |
| 39. Heyma-Keyetto (1st V)                          | R | 6:00 |
| 40. Yette-Keyetto                                  | R | 6:00 |
| 41. Fomi-Komi (with knee defense)                  | R | 6:00 |
| 42. Heyma-Keyetto (1st V)                          | L | 6:00 |
| 43. Yette-Keyetto                                  | L | 6:00 |
| 44. Fomi-Komi (with knee defense)                  | L | 6:00 |
| 45. Keyetto  | R | 1:30 |
| 46. Heyma-Keyetto (3rd V)                          | R | 3:00 |
| 47. Keyetto  | L | 4:30 |
| 48. Heyma-Keyetto (3rd V)                          | L | 3:00 |

|  |   |       |
|--|---|-------|
| 49. Keyetto (Downward)                               | R | 3:00  |
| 50. Yette-Keyetto (bringing to behind)               | R | 3:00  |
| 51. Heyma-Keyetto (1st V)                            | R | 3:00  |
| 52. Keyetto (Downward)                               | L | 3:00  |
| 53. Yette-Keyetto (bringing to behind)               | L | 3:00  |
| 54. Heyma-Keyetto (1st V)                            | L | 3:00  |
| 55. Keyetto  | L | 3:00  |
| 56. Keyetto (Toranma – S-J) (Downward)               | R | 3:00  |
| 57. Keyetto  | R | 3:00  |
| 58. Keyetto (Toranma – S-J)                          | L | 3:00  |
| 59. Yad-Keyetto (with jumping forwards)              | R | 3:00  |
| 60. Haney-Keyetto (Side)                             | R | 3:00  |
| 61. Yad-Keyetto (with jumping forwards)              | L | 3:00  |
| 62. Haney-Keyetto (Side)                             | L | 3:00  |
| 63. Keyetto  | R | 9:00  |
| 64. Osaya-Sima-Keyetto (with sitting and turning)    | L | 9:00  |
| 65. Keyetto  | L | 9:00  |
| 66. Osaya-Sima-Keyetto (with sitting and turning)    | R | 9:00  |
| 67. Keyetto  | R | 9:00  |
| 68. Yette-Keyetto (first, turning and then, sitting) | L | 9:00  |
| 69. Keyetto  | L | 9:00  |
| 70. Yette-Keyetto (first, turning and then, sitting) | R | 9:00  |
| 71. Keyetto (Downward)                               | R | 9:00  |
| 72. Yad-Keyetto                                      | R | 9:00  |
| 73. Keyetto (Downward)                               | L | 9:00  |
| 74. Yad-Keyetto                                      | L | 9:00  |
| 75. Heyma-Keyetto (1st V)                            | R | 12:00 |
| 76. Keyetto (Downward)                               | R | 12:00 |
| 77. Yette-Keyetto                                    | R | 12:00 |
| 78. Horayma-Keyetto (Toranma – S-J)                  | L | 12:00 |
| 79. Yette-Keyetto (after sitting)                    | R | 12:00 |
| 80. Heyma-Keyetto (1st V)                            | L | 12:00 |
| 81. Keyetto (Downward)                               | L | 12:00 |
| 82. Yette-Keyetto                                    | L | 12:00 |
| 83. Horayma-Keyetto (Toranma – S-J)                  | R | 12:00 |
| 84. Yette-Keyetto (after sitting)                    | L | 12:00 |
| 85. Horayad-Keyetto (Toranma – S-J)                  | R | 12:00 |

|   |   |       |
|---|---|-------|
| 86. Yette-Keyetto (after sitting and jumping forwards)                        | L | 12:00 |
| 87. Keyetto (Toranma – S-J)   | R | 12:00 |
| 88. Horayad-Keyetto (Toranma – S-J)   | L | 12:00 |
| 89. Yetteh-Keyetto (after sitting and jumping forwards)                       | R | 12:00 |
| 90. Keyetto (Toranma – S-J)   | L | 12:00 |
| 91. Horayma-Keyetto (Toranma – S-J)   | R | 6:00  |
| 92. Sima-Keyetto (after turning Towards back)                                 | L | 12:00 |
| 93. Sima-Keyetto  | R | 12:00 |
| 94. Sima-Keyetto (after turning Towards back)                                 | R | 6:00  |
| 95. Sima-Keyetto  | L | 6:00  |
| 96. Keyetto   | R | 6:00  |
| 97. Heyma-Osaya-Yad-Keyetto   | L | 6:00  |
| 98. Keyetto   | L | 6:00  |
| 99. Heyma-Osaya-Yad-Keyetto   | R | 6:00  |
| 100. Keyetto (Downward)   | R | 6:00  |
| 101. Osaya-Keyetto (with the outwards edge of foot)                           | R | 6:00  |
| 102. Keyetto (after Defense Standing)   | R | 6:00  |
| 103. Keyetto (Downward)   | L | 6:00  |
| 104. Osaya-Keyetto (with the outwards edge of foot)                           | L | 6:00  |
| 105. Keyetto (after Defense Standing)   | L | 6:00  |
| 106. Keyetto (after jumping the left foot forwards & sliding the right foot)  | R | 6:00  |
| 107. Osaya-Yad-Keyetto  | L | 6:00  |
| 108. Yette-Keyetto  | R | 6:00  |
| 109. Keyetto (after jumping the left foot forwards & sliding the right foot)  | R | 12:00 |
| 110. Yette-Keyetto  | L | 12:00 |
| 111. Yette-Keyetto  | R | 12:00 |
| 112. Sima-Keyetto (Downward)  | R | 12:00 |
| 113. Keyetto (Downward)   | R | 12:00 |
| 114. Heyma-Keyetto (1st V)  | R | 12:00 |
| 115. Keyetto (after Defense Standing)   | R | 12:00 |
| 116. Keyetto (after jumping the right foot Backwards & sliding the left foot) | L | 12:00 |
| 117. Osaya-Yad-Keyetto  | R | 12:00 |
| 118. Sima-Keyetto (Downward)  | L | 12:00 |
| 119. Keyetto (Downward)   | L | 12:00 |
| 120. Heyma-Keyetto (1st V)  | L | 12:00 |
| 121. Keyetto (after Defense Standing)   | L | 12:00 |

|   |   |               |
|---|---|---------------|
| 122. Keyetto (after jumping the left foot Backwards & sliding the right foot) | R | 12:00         |
| 123. Osaya-Yad-Keyetto  | L | 12:00         |
| 124. Keyetto  | R | 12:00         |
| 125. Keyetto (Toranma – S-J)  | R | 12:00         |
| 126. Keyetto  | L | 6:00          |
| 127. Keyetto (Toranma – S-J)  | L | 6:00          |
| 128. Yette-Keyetto  | R | 3:00          |
| 129. Keyetto  | L | 3:00          |
| 130. Keyetto (Toranma – S-J)  | R | 3:00          |
| 131. Yette-Keyetto  | L | 9:00          |
| 132. Keyetto  | R | 9:00          |
| 133. Keyetto (Toranma – S-J)  | L | 9:00          |
| 134. Heyma-Keyetto (2nd V)  | R | 3:00 to 12:00 |
| 135. Osaya-Keyetto  | R | 12:00         |
| 136. Heyma-Keyetto (2nd V)  | L | 9:00 to 12:00 |
| 137. Osaya-Keyetto  | L | 12:00         |
| 138. Horayad-Keyetto (with more cutting sideward)                             | L | 6:00          |
| 139. Horayad-Keyetto (with more cutting sideward)                             | R | 6:00          |
| 140. Heyma-Keyetto (3rd V)  | L | 6:00          |
| 141. Hook-Yette-Keyetto   | R | 6:00          |
| 142. Horayad-Keyetto (with more cutting sideward)                             | R | 12:00         |
| 143. Horayad-Keyetto (with more cutting sideward)                             | L | 12:00         |
| 144. Heyma-Keyetto (3rd V)  | R | 12:00         |
| 145. Hook-Yette-Keyetto   | L | 12:00         |
| 146. Yette-Keyetto (Downward)   | L | 3:00          |
| 147. Yad-Keyetto  | L | 3:00          |
| 148. Yette-Keyetto (Downward)   | R | 3:00          |
| 149. Yad-Keyetto  | R | 3:00          |

**The start of the mayaneh “Laneye Zanboor” or “Beehive”**

**2nd Part (Big Beehive - right) starts 12:00 o'clock direction**

|  |   |       |
|--|---|-------|
| 150. Heyma-Keyetto (1st V)                         | R | 12:00 |
| 151. Haney-Keyetto (Side)                          | R | 1:30  |
| 152. Osaya-Keyetto (with the outward edge of foot) | L | 1:30  |
| 153. Sima-Keyetto (after turning)                  | R | 1:30  |
| 154. Horayma-Keyetto (Downward)                    | L | 1:30  |



|  |   |      |
|--|---|------|
| 155. Keyetto                               | L | 1:30 |
| 156. Yette-Keyetto (with jumping Forwards) | L | 1:30 |
| 157. Hammer-Yad-Keyetto                    | L | 1:30 |
| 158. Sima-Keyetto (after turning)          | R | 1:30 |
| 159. Keyetto (Downward)                    | L | 1:30 |
| 160. Horayma-Keyetto (Downward)            | L | 1:30 |
| 161. Yette-Keyetto                         | L | 1:30 |
| 162. Horayma-Keyetto (Downward)            | R | 1:30 |
| 163. Yette-Keyetto                         | R | 1:30 |
| 164. Horayma-Keyetto (Downward)            | R | 9:00 |
| 165. Yette-Keyetto                         | R | 9:00 |
| 166. Sima-Keyetto (Downward)               | L | 9:00 |
| 167. Keyetto (nach kleine Vorsprung)       | L | 9:00 |
| 168. Horayma-Keyetto (Downward)            | L | 9:00 |
| 169. Yette-Keyetto                         | L | 9:00 |
| 170. Sima-Keyetto (Downward)               | R | 9:00 |
| 171. Keyetto                               | R | 9:00 |

**3rd Part (Small Beehive - left) starts 6:00 o'clock direction**

|  |   |      |
|--|---|------|
| 172. Heyma-Keyetto (1st V)                         | L | 6:00 |
| 173. Haney-Keyetto (Side)                          | L | 4:30 |
| 174. Osaya-Keyetto (with the outward edge of foot) | R | 4:30 |
| 175. Sima-Keyetto (after turning)                  | L | 4:30 |
| 176. Horayma-Keyetto (Downward)                    | R | 4:30 |
| 177. Keyetto                                       | R | 4:30 |
| 178. Yette-Keyetto (with jumping Forwards)         | R | 4:30 |
| 179. Hammer-Yad-Keyetto                            | R | 4:30 |
| 180. Sima-Keyetto (after turning)                  | L | 4:30 |
| 181. Keyetto (Downward)                            | R | 4:30 |
| 182. Horayma-Keyetto (Downward)                    | R | 4:30 |
| 183. Yette-Keyetto                                 | R | 4:30 |
| 184. Horayma-Keyetto (Downward)                    | L | 4:30 |
| 185. Yette-Keyetto                                 | L | 4:30 |

**4th Part (Big Beehive - right) starts 6:00 o'clock direction**

|  |   |      |
|--|---|------|
| 186. Heyma-Keyetto (1st V)                         | R | 6:00 |
| 187. Haney-Keyetto (Side)                          | R | 7:30 |
| 188. Osaya-Keyetto (with the outward edge of foot) | L | 7:30 |
| 189. Sima-Keyetto (after turning)                  | R | 7:30 |
| 190. Horayma-Keyetto (Downward)                    | L | 7:30 |
| 191. Keyetto                                       | L | 7:30 |
| 192. Yette-Keyetto (with jumping Forwards)         | L | 7:30 |

|                                      |   |      |
|--------------------------------------|---|------|
| 193. Hammer-Yad-Keyetto              | L | 7:30 |
| 194. Sima-Keyetto (after turning)    | R | 7:30 |
| 195. Keyetto (Downward)              | L | 7:30 |
| 196. Horayma-Keyetto (Downward)      | L | 7:30 |
| 197. Yette-Keyetto                   | L | 7:30 |
| 198. Horayma-Keyetto (Downward)      | R | 7:30 |
| 199. Yette-Keyetto                   | R | 7:30 |
| 200. Horayma-Keyetto (Downward)      | R | 3:00 |
| 201. Yette-Keyetto                   | R | 3:00 |
| 202. Sima-Keyetto (Downward)         | L | 3:00 |
| 203. Keyetto (nach kleine Vorsprung) | L | 3:00 |
| 204. Horayma-Keyetto (Downward)      | L | 3:00 |
| 205. Yette-Keyetto                   | L | 3:00 |
| 206. Sima-Keyetto (Downward)         | R | 3:00 |
| 207. Keyetto                         | R | 3:00 |

**5th Part (Small Beehive - left) starts 12:00 o'clock direction**

|  |   |       |
|--|---|-------|
| 208. Heyma-Keyetto (1st V)                         | L | 12:00 |
| 209. Haney-Keyetto (Side)                          | L | 10:30 |
| 210. Osaya-Keyetto (with the outward edge of foot) | R | 10:30 |
| 211. Sima-Keyetto (after turning)                  | L | 10:30 |
| 212. Horayma-Keyetto (Downward)                    | R | 10:30 |
| 213. Keyetto                                       | R | 10:30 |
| 214. Yette-Keyetto (with jumping Forwards)         | R | 10:30 |
| 215. Hammer-Yad-Keyetto                            | R | 10:30 |
| 216. Sima-Keyetto (after turning)                  | L | 10:30 |
| 217. Keyetto (Downward)                            | R | 10:30 |
| 218. Horayma-Keyetto (Downward)                    | R | 10:30 |
| 219. Yette-Keyetto                                 | R | 10:30 |
| 220. Horayma-Keyetto (Downward)                    | L | 10:30 |
| 221. Yette-Keyetto                                 | L | 10:30 |

**6th Part (Sitting-Standing –right) stars 12 o'clock direction**

|   |   |       |
|---|---|-------|
| 222. Keyetto (after sitting)  | L | 12:00 |
| 223. Keyetto (after sitting)  | R | 12:00 |
| 224. Heyma-Keyetto (2nd V) (after sitting)  | L | 12:00 |
| 225. Yette-Keyetto (after sitting)  | R | 12:00 |
| 226. Osaya-Keyetto (after jumping the right foot Backwards & sliding the left foot) | L | 12:00 |
| 227. Osaya-Yad-Keyetto (after jumping to “Rato” standing)                           | R | 3:00  |
| 228. Yad-Keyetto  | L | 3:00  |

### **7th Part (Circle - right)**

|  |   |       |
|--|---|-------|
| 229. Yette-Keyetto                             | L | 9:00  |
| 230. Yette-Keyetto                             | L | 6:00  |
| 231. Yette-Keyetto                             | L | 3:00  |
| 232. Yette-Keyetto                             | R | 12:00 |
| 233. Hammer-Kick (S-J) (with Ball of the Foot) | L | 12:00 |
| 234. Hammer-Kick (S-J) (with Ball of the Foot) | L | 6:00  |

### **8th Part (Sitting-Standing –left) stars 6 o'clock direction**

|   |   |      |
|---|---|------|
| 235. Keyetto (after sitting)  | R | 6:00 |
| 236. Keyetto (after sitting)  | L | 6:00 |
| 237. Heyma-Keyetto (2nd V) (after sitting)  | R | 6:00 |
| 238. Yette-Keyetto (after sitting)  | L | 6:00 |
| 239. Osaya-Keyetto (after jumping the right foot Backwards & sliding the left foot) | R | 6:00 |
| 240. Osaya-Yad-Keyetto (after jumping to “Rato” standing)                           | L | 3:00 |
| 241. Yad-Keyetto  | R | 3:00 |

### **9th Part (Circle - left)**

|  |   |       |
|--|---|-------|
| 242. Yette-Keyetto                                 | R | 9:00  |
| 243. Yette-Keyetto                                 | R | 12:00 |
| 244. Yette-Keyetto                                 | R | 3:00  |
| 245. Yette-Keyetto                                 | L | 6:00  |
| 246. Hammer-Kick (S-J) (with Ball of the Foot)     | R | 6:00  |
| 247. Hammer-Kick (S-J) (with Ball of the Foot)     | R | 12:00 |
| 248. Osaya-Keyetto (defense)                       | R | 6:00  |
| 249. Yette-Keyetto                                 | L | 6:00  |
| 250. Yette-Keyetto                                 | L | 6:00  |
| 251. Heyma-Keyetto (with jumping Forwards) (2nd V) | R | 6:00  |
| 252. Heyma-Keyetto (with jumping Forwards) (3rd V) | R | 6:00  |
| 253. Heyma-Keyetto (with jumping Forwards) (3rd V) | L | 6:00  |
| 254. Yad-Keyetto                                   | R | 6:00  |
| 255. Osaya-Sima-Keyetto                            | L | 6:00  |
| 256. Heyma-Keyetto (1st V)                         | R | 6:00  |
| 257. Keyetto                                       | R | 6:00  |
| 258. Keyetto                                       | R | 4:30  |
| 259. Yette-Keyetto                                 | R | 7:30  |

|  |   |       |
|--|---|-------|
| 260. Sima-Keyetto                                  | L | 7:30  |
| 261. Hammer-Yad-Keyetto                            | R | 7:30  |
| 262. Heyma-Keyetto (3rd V)                         | L | 9:00  |
| 263. Keyetto                                       | R | 3:00  |
| 264. Keyetto                                       | R | 3:00  |
| 265. Keyetto                                       | R | 1:30  |
| 266. Yette-Keyetto                                 | R | 4:30  |
| 267. Sima-Keyetto                                  | L | 3:00  |
| 268. Horayma-Keyetto                               | R | 3:00  |
| 269. Sima-Keyetto                                  | L | 3:00  |
| 270. Osaya-Keyetto (defense)                       | L | 12:00 |
| 271. Yette-Keyetto                                 | R | 12:00 |
| 272. Yette-Keyetto                                 | R | 12:00 |
| 273. Heyma-Keyetto (with jumping Forwards) (2nd V) | L | 12:00 |
| 274. Heyma-Keyetto (with jumping Forwards) (3rd V) | L | 12:00 |
| 275. Heyma-Keyetto (with jumping Forwards) (3rd V) | R | 12:00 |
| 276. Yad-Keyetto                                   | L | 12:00 |
| 277. Osaya-Sima-Keyetto                            | R | 12:00 |
| 278. Heyma-Keyetto (1st V)                         | L | 12:00 |
| 279. Keyetto                                       | L | 12:00 |
| 280. Keyetto                                       | L | 1:30  |
| 281. Yette-Keyetto                                 | L | 10:30 |

### **10th Part (Taysabaki – right)**

|   |   |                |
|---|---|----------------|
| 282. Yette-Keyetto                              | R | 1:30           |
| 283. Sima-Keyetto (with more cutting sideward)  | L | 1:00 to 12:30  |
| 284. Yette-Keyetto (with more cutting sideward) | R | 12:00 to 11:30 |
| 285. Sima-Keyetto                               | L | 6:00           |

### **11th Part (Taysabaki – left)**

|   |   |              |
|---|---|--------------|
| 286. Yette-Keyetto                              | L | 4:30         |
| 287. Sima-Keyetto (with more cutting sideward)  | R | 5:00 to 5:30 |
| 288. Yette-Keyetto (with more cutting sideward) | L | 6:00 to 6:30 |
| 289. Sima-Keyetto                               | R | 12:00        |

### **12th Part (Hayma-Keyetto – right)**

|                              |   |       |
|------------------------------|---|-------|
| 290. Heyma-Keyetto (2nd V)   | R | 12:00 |
| 291. Heyma-Osaya-Yad-Keyetto | L | 12:00 |

|   |   |                |
|---|---|----------------|
| 292. Horayad-Keyetto (with more cutting sideward) | R | 12:00 to 11:30 |
| 293. Sima-Keyetto                                 | L | 6:00           |

**13th Part (Hayma-Keyetto – left)**

|   |   |              |
|---|---|--------------|
| 290. Heyma-Keyetto (2nd V)                        | L | 6:00         |
| 291. Heyma-Osaya-Yad-Keyetto                      | R | 6:00         |
| 292. Horayad-Keyetto (with more cutting sideward) | L | 6:00 to 6:30 |
| 293. Sima-Keyetto                                 | R | 12:00        |

**14th Part (Oft mayana from the front –right)**

|   |   |       |
|---|---|-------|
| 298. Oft Heyma-Keyetto or (Oft Mayana from the front)   | R | 12:00 |
| 299. Oft Osaya-Keyetto or (Osaya-Keyetto on the Ground) | L | 12:00 |
| 300. Keyetto  | R | 12:00 |

**15th Part (Oft mayana from the front –left)**

|   |   |       |
|---|---|-------|
| 301. Oft Heyma-Keyetto or (Oft Mayana from the front)   | L | 12:00 |
| 302. Oft Osaya-Keyetto or (Osaya-Keyetto on the Ground) | R | 12:00 |
| 303. Keyetto  | L | 12:00 |

**16th Part (Oft Mayana from the back – right)**

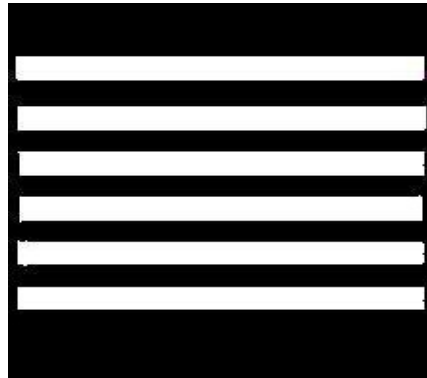
|  |   |      |
|--|---|------|
| 304. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | R | 6:00 |
| 305. Oft Keyetto or (Keyetto on the Ground)                    | L | 6:00 |
| 306. Oft Yette-Keyetto or (Yette-Keyetto on the Ground)        | L | 4:30 |
| 307. Oft Osaya-Keyetto or (Osaya-Keyetto on the Ground)        | R | 6:00 |
| 308. Keyetto   | L | 6:00 |

**17th Part (Oft Mayana from the back – left)**

|  |   |       |
|--|---|-------|
| 309. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | L | 12:00 |
| 310. Oft Keyetto or (Keyetto on the Ground)                    | R | 12:00 |
| 311. Oft Yette-Keyetto or (Yette-Keyetto on the Ground)        | R | 1:30  |
| 312. Oft Osaya-Keyetto or (Osaya-Keyetto on the Ground)        | L | 12:00 |
| 313. Keyetto   | R | 12:00 |

**Koana Yaromeh TOA**

**The order of 103 kicks in the first part of the sixth form of TOA**  
**”Koana”**



**Note: in most foot techniques in the sixth form, “Continual Kick Techniques” are done by one foot. Therefore, all foot strikes except the last one, are dragged downwards (like Hammer Kick Technique) and it is empowered from downwards again for the next foot strike. The feet are only collected in the last strike. With this method, the next foot strikes are exact and strong like the first one. For example, in doing double “Keyetto” by the right foot, the first “Keyetto” is dragged downwards (like Hammer Kick Technique) and the second “Keyetto” is collected.**

**1st Part (Hexagonal - right)**

|                        |   |       |
|------------------------|---|-------|
| 01. Yad-Keyetto        | R | 12:00 |
| 02. Osaya-Yad-Keyetto  | L | 1:30  |
| 03. Hook-Yette-Keyetto | R | 4:30  |
| 04. Keyetto            | R | 6:00  |
| 05. Osaya-Yad-Keyetto  | L | 7:30  |
| 06. Hook-Yette-Keyetto | R | 10:30 |
| 07. Keyetto            | R | 12:00 |

**2nd Part (Hexagonal - left)**

|                        |   |       |
|------------------------|---|-------|
| 08. Yad-Keyetto        | L | 12:00 |
| 09. Osaya-Yad-Keyetto  | R | 10:30 |
| 10. Hook-Yette-Keyetto | L | 7:30  |
| 11. Keyetto            | L | 6:00  |
| 12. Osaya-Yad-Keyetto  | R | 4:30  |
| 13. Hook-Yette-Keyetto | L | 1:30  |
| 14. Keyetto            | L | 12:00 |

### **3rd Part of Koana (right & left)**

|  |   |       |
|--|---|-------|
| 15. Heyma-Keyetto (2nd V) (with jumping) | R | 12:00 |
| 16. Osaya-Keyetto                        | L | 1:30  |
| 17. Sima-Keyetto (with cutting sideward) | R | 1:30  |
| 18. Yette-Keyetto                        | L | 1:30  |
| 19. Heyma-Keyetto (2nd V) (with jumping) | L | 6:00  |
| 20. Osaya-Keyetto                        | R | 4:30  |
| 21. Sima-Keyetto (with cutting sideward) | L | 4:30  |
| 22. Yette-Keyetto                        | R | 4:30  |

### **4th Part (six strikes - left)**

|                                      |   |       |
|--------------------------------------|---|-------|
| 23. Haney-Keyetto (Front) (Downward) | L | 12:00 |
| 24. Keyetto                          | L | 12:00 |
| 25. Haney-Keyetto (Side) (Downward)  | L | 9:00  |
| 26. Yette-Keyetto                    | L | 9:00  |
| 27. Haney-Keyetto (Back) (Downward)  | L | 6:00  |
| 28. Osaya-Keyetto                    | L | 6:00  |

### **5th Part (six strikes – right)**

|                                      |   |       |
|--------------------------------------|---|-------|
| 29. Haney-Keyetto (Front) (Downward) | R | 12:00 |
| 30. Keyetto                          | R | 12:00 |
| 31. Haney-Keyetto (Side) (Downward)  | R | 3:00  |
| 32. Yette-Keyetto                    | R | 3:00  |
| 33. Haney-Keyetto (Back) (Downward)  | R | 6:00  |
| 34. Osaya-Keyetto                    | R | 6:00  |

### **6th Part of koana (right & left)**

|  |   |      |
|--|---|------|
| 35. Keyetto                                      | R | 9:00 |
| 36. Keyetto                                      | R | 9:00 |
| 35. Yad-Keyetto (after two short and fast steps) | R | 9:00 |
| 38. Keyetto                                      | R | 9:00 |
| 39. Keyetto                                      | L | 9:00 |
| 40. Keyetto                                      | L | 9:00 |
| 41. Yad-Keyetto (after two short and fast steps) | L | 9:00 |
| 42. Keyetto                                      | L | 9:00 |

|   |   |       |
|---|---|-------|
| 43. Osaya-Keyetto   | L | 12:00 |
| 44. Horayad-Keyetto (with more cutting sideward and 360 degree turning) | R | 12:00 |
| 45. Keyetto   | L | 12:00 |
| 46. Osaya-Keyetto   | R | 9:00  |
| 47. Horayad-Keyetto (with more cutting sideward and 360 degree turning) | L | 9:00  |
| 48. Keyetto   | R | 9:00  |

### **7th Part (Taysabaki – right)**

|                       |   |      |
|-----------------------|---|------|
| 49. Keyetto           | L | 9:00 |
| 50. Yette-Keyetto     | R | 6:00 |
| 51. Keyetto           | L | 7:30 |
| 52. Osaya-Yad-Keyetto | R | 7:30 |
| 53. Keyetto           | R | 7:30 |
| 54. Osaya-Yad-Keyetto | L | 7:30 |
| 55. Keyetto           | L | 7:30 |

### **8th Part (Taysabaki – left)**

|                       |   |      |
|-----------------------|---|------|
| 56. Keyetto           | R | 6:00 |
| 57. Yette-Keyetto     | L | 9:00 |
| 58. Keyetto           | R | 7:30 |
| 59. Osaya-Yad-Keyetto | L | 7:30 |
| 60. Keyetto           | L | 7:30 |
| 61. Osaya-Yad-Keyetto | R | 7:30 |
| 62. Keyetto           | R | 7:30 |

### **9th Part of koana (right & left)**

|   |   |       |
|---|---|-------|
| 63. Horayma-Keyetto (Downward)                | L | 12:00 |
| 64. Keyetto                                   | L | 12:00 |
| 65. Horayma-Keyetto                           | R | 12:00 |
| 66. Keyetto                                   | R | 12:00 |
| 67. Keyetto                                   | L | 12:00 |
| 68. Keyetto                                   | R | 12:00 |
| 69. Keyetto (high S-J forwards)               | L | 3:00  |
| 70. Osaya-Yad-Keyetto (with jumping forwards) | R | 3:00  |
| 71. Keyetto                                   | L | 3:00  |
| 72. Keyetto                                   | R | 3:00  |



|   |   |      |
|---|---|------|
| 73. Keyetto (high S-J forwards)               | R | 9:00 |
| 74. Osaya-Yad-Keyetto (with jumping forwards) | L | 9:00 |
| 75. Keyetto                                   | R | 9:00 |
| 76. Keyetto                                   | L | 9:00 |

### **10th Part (Gado Ri-Keyma - right)**

|  |   |      |
|--|---|------|
| 77. Sima-Keyetto (with cutting outwards) | R | 6:00 |
| 78. Keyetto                              | R | 6:00 |

### **11th Part (Gado Ri-Keyma - left)**

|   |   |      |
|---|---|------|
| 79. Hammer Kick (With heel and Downward)  | L | 3:00 |
| 80. Keyetto                               | L | 3:00 |
| 81. Yette-Keyetto                         | R | 1:30 |
| 82. Osaya-Keyetto (with heel, low strike) | L | 1:30 |
| 83. Osaya-Keyetto (with jumping)          | R | 1:30 |

### **12th Part (Kiti-Kine - right)**

|                   |   |       |
|-------------------|---|-------|
| 84. Yette-Keyetto | R | 3:00  |
| 85. Yette-Keyetto | R | 6:00  |
| 86. Yette-Keyetto | R | 9:00  |
| 87. Keyetto       | R | 12:00 |

### **13th Part (Kiti-Kine - left)**

|                   |   |       |
|-------------------|---|-------|
| 88. Yette-Keyetto | L | 9:00  |
| 89. Yette-Keyetto | L | 6:00  |
| 90. Yette-Keyetto | L | 3:00  |
| 91. Keyetto       | L | 12:00 |

### **14th Part (Oft Koana from the Back - right)**

|   |   |             |
|---|---|-------------|
| 92. Keyetto   | R | 3:00        |
| 93. Keyetto   | R | 1:30        |
| 94. Yette-Keyetto   | R | 4:30        |
| 95. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | R | 12 to 1:30  |
| 96. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | L | 12 to 10:30 |
| 97. Osaya-Keyetto   | R | 12:00       |

**15th Part (Oft Koana from the Back - left)**

|  |   |              |
|--|---|--------------|
| 98. Keyetto  | L | 3:00         |
| 99. Keyetto  | L | 4:30         |
| 100. Yette-Keyetto   | L | 1:30         |
| 101. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | L | 6:00 to 4:30 |
| 102. Oft Heyma-Osaya-Yad-Keyetto or (Oft Mayana from the back) | R | 6:00 to 7:30 |
| 103. Osaya-Keyetto   | L | 6:00         |

**Vestamayana Yaromeh TOA**

## **The order of 105 kicks in the second part of the sixth form of TOA "Vesta-Mayana"**

### **Notice on the second part of the sixth form of "Vesta-mayana":**

During the training courses of international coaching and referring certification organized in National Olympic & Paralympics Academy of Tehran-Iran in 2010 master Jalilzadeh who was the chairman of technical committee of WUTA, reminded 16 kicks of "Vesta-Mayana" to the experienced TOA masters. Needless to say, these techniques were not new but had not been shown anywhere.

Since these 16 kicks have not been trained in any of instructive films we, too, bring them at the end of 105 kicks of "Vesta-Mayana" separately.

### **Note that these changes are done between foot strikes of 36 to 71.**

#### **1st Part of Vesta-Mayana (right and left)**

|  |   |              |
|--|---|--------------|
| 01. Yette-Keyetto                        | R | 3:00         |
| 02. Hammer Kick (with heel and Downward) | R | 3:00         |
| 03. Hammer Kick (with heel and Downward) | R | 1:30         |
| 04. Hammer Kick (with heel and Downward) | R | 4:30         |
| 05. Osaya-Keyetto                        | L | 4:30         |
| 06. Heyma-Keyetto (1st V)                | R | 3:00 to 1:30 |
| 07. Yette-Keyetto                        | L | 12:00        |

#### **From "Yette-Rato" standing and battle cry of "Hatoyo" in 3 o'clock direction**

|  |   |               |
|--|---|---------------|
| 08. Yette-Keyetto                        | L | 12:00         |
| 09. Hammer Kick (with heel and Downward) | L | 12:00         |
| 10. Hammer Kick (with heel and Downward) | L | 1:30          |
| 11. Hammer Kick (with heel and Downward) | L | 10:30         |
| 12. Osaya-Keyetto                        | R | 10:30         |
| 13. Heyma-Keyetto (1st V)                | L | 9:00 to 10:30 |
| 14. Yette-Keyetto                        | R | 12:00         |

#### **From "small non-classic Rato" Standing and the state of hands "Gado of Claw" in 10:30 direction**

|  |   |      |
|--|---|------|
| 15. Shin-Block (after jumping and turning) | L | 9:00 |
| 16. Sima-Keyetto (Downward)                | L | 9:00 |
| 17. Keyetto                                | L | 9:00 |

|  |   |       |
|--|---|-------|
| 18. Shin-Block (after jumping and turning) | R | 9:00  |
| 19. Sima-Keyetto (Downward)                | R | 9:00  |
| 20. Keyetto                                | R | 9:00  |
| 21. Shin-Block (after jumping and turning) | L | 12:00 |
| 22. Keyetto (Downward)                     | L | 12:00 |
| 23. Keyetto                                | L | 12:00 |
| 24. Heyma-Keyetto (1st V)                  | L | 12:00 |
| 25. Yette-Keyetto                          | R | 12:00 |
| 26. Keyetto (Downward)                     | R | 3:00  |
| 27. Keyetto                                | R | 3:00  |
| 28. Heyma-Keyetto (1st V)                  | R | 3:00  |
| 29. Yette-Keyetto                          | L | 3:00  |
| 30. Keyetto (after jumping forward)        | R | 4:30  |
| 31. Keyetto (after jumping forward)        | L | 10:30 |
| 32. Keyetto (Downward)                     | R | 7:30  |
| 33. Osaya-Keyetto                          | R | 1:30  |
| 34. Keyetto                                | L | 10:30 |
| 35. Keyetto                                | R | 4:30  |

**From “Yette-Rato” position, after two techniques  
of “Taysabaki” in 6:00 direction**

|   |   |      |
|---|---|------|
| 36. Yette-Keyetto                             | R | 7:30 |
| 37. Osaya-Keyetto                             | L | 7:30 |
| 38. Osaya-Keyetto (after sitting and jumping) | R | 7:30 |

**From “Rato” position in 1:30 direction**

|   |   |      |
|---|---|------|
| 39. Keyetto                                   | L | 1:30 |
| 40. Osaya-Keyetto (after sitting and turning) | R | 7:30 |
| 41. Osaya-Keyetto (after sitting and turning) | L | 1:30 |

**2nd Part (attack from center outward) with “Gado Ri-Keyma” in 3 o’clock**

|                   |   |       |
|-------------------|---|-------|
| 42. Keyetto       | R | 3:00  |
| 43. Osaya-Keyetto | L | 1:30  |
| 44. Yette-Keyetto | R | 12:00 |
| 45. Yette-Keyetto | R | 9:00  |
| 46. Osaya-Keyetto | L | 7:30  |

|                   |   |      |
|-------------------|---|------|
| 47. Yette-Keyetto | R | 6:00 |
| 48. Keyetto       | L | 3:00 |

**3rd Part (Hammer Yad-Keyetto) with “Gado Ri-Keyma” in 9 o’clock**

|   |   |      |
|---|---|------|
| 49. Hammer-Yad-Keyetto                              | R | 9:00 |
| 50. Hammer-Yad-Keyetto (after sitting)              | R | 9:00 |
| 51. Osaya-Keyetto (after sitting and short jumping) | L | 3:00 |

**4th Part (Toranma Osaya-Keyetto)**

|   |   |       |
|---|---|-------|
| 52. Horayad-Keyetto (with cutting outwards) | L | 3:00  |
| 53. Horayad-Keyetto (with cutting outwards) | R | 3:00  |
| 54. Toranma-Osaya-Keyetto (after sitting)   | R | 6:00  |
| 55. Toranma-Osaya-Keyetto (after sitting)   | L | 12:00 |

5th Part (circle - right) with “Gado Ri-Keyma” in 12 o’clock

|   |   |       |
|---|---|-------|
| 56. Keyetto   | R | 3:00  |
| 57. Yette-Keyetto                                       | L | 12:00 |
| 58. Osaya-Keyetto                                       | R | 9:00  |
| 59. Keyetto   | R | 12:00 |
| 60. Yette-Keyetto                                       | L | 12:00 |
| 61. Osaya-Keyetto                                       | L | 7:30  |
| 62. Keyetto   | R | 6:00  |
| 63. Yette-Keyetto (after sitting with jumping forwards) | R | 3:00  |
| 64. Keyetto (S-J towards right)                         | L | 12:00 |

**6th Part (circle - left) with ”Gado Ri-Keyma” in 12 o’clock**

|   |   |       |
|---|---|-------|
| 65. Keyetto   | L | 9:00  |
| 66. Yette-Keyetto                                       | R | 12:00 |
| 67. Osaya-Keyetto                                       | L | 3:00  |
| 68. Keyetto   | L | 12:00 |
| 69. Yette-Keyetto                                       | R | 12:00 |
| 70. Osaya-Keyetto                                       | R | 4:30  |
| 71. Keyetto   | L | 6:00  |
| 72. Yette-Keyetto (after sitting with jumping forwards) | L | 9:00  |
| 73. Keyetto (S-J towards right)                         | R | 12:00 |

**7th Part “Gol” or (flower - right) with “Gado Ri-Keyma” in 12 o’clock**

|                   |   |      |
|-------------------|---|------|
| 74. Keyetto       | R | 1:30 |
| 75. Yette-Keyetto | L | 3:00 |
| 76. Osaya-Keyetto | R | 3:00 |

|                   |   |       |
|-------------------|---|-------|
| 77. Keyetto       | R | 4:30  |
| 78. Yette-Keyetto | L | 6:00  |
| 79. Osaya-Keyetto | R | 6:00  |
| 80. Keyetto       | R | 7:30  |
| 81. Yette-Keyetto | L | 9:00  |
| 82. Osaya-Keyetto | R | 9:00  |
| 83. Keyetto       | R | 10:30 |
| 84. Yette-Keyetto | L | 12:00 |
| 85. Osaya-Keyetto | R | 12:00 |

**8th Part “Gol” or (flower - left) with “Gado Ri-Keyma” in 6 o’clock**

|                   |   |       |
|-------------------|---|-------|
| 86. Keyetto       | L | 4:30  |
| 87. Yette-Keyetto | R | 3:00  |
| 88. Osaya-Keyetto | L | 3:00  |
| 89. Keyetto       | L | 1:30  |
| 90. Yette-Keyetto | R | 12:00 |
| 91. Osaya-Keyetto | L | 12:00 |
| 92. Keyetto       | L | 10:30 |
| 93. Yette-Keyetto | R | 9:00  |
| 94. Osaya-Keyetto | L | 9:00  |
| 95. Keyetto       | L | 7:30  |
| 96. Yette-Keyetto | R | 6:00  |
| 97. Osaya-Keyetto | L | 6:00  |

**9th Part (Bonken - right) from ”Yette-Rato” position 12 o’clock**

|                                    |   |       |
|------------------------------------|---|-------|
| 98. Keyetto (Downward)             | R | 12:00 |
| 99. Yette-Keyetto (Downward)       | R | 3:00  |
| 100. Osaya-Keyetto                 | R | 6.00  |
| 101. Fomi-Komi (with knee defense) | R | 12:00 |

**10th Part (Bonken - left) from ”Yette-Rato” position 12 o’clock**

|                                    |   |       |
|------------------------------------|---|-------|
| 102. Keyetto (Downward)            | L | 12:00 |
| 103. Yette-Keyetto (Downward)      | L | 9:00  |
| 104. Osaya-Keyetto                 | L | 6.00  |
| 105. Fomi-Komi (with knee defense) | L | 12:00 |

**Battle cry (Hays Bonken)**

**Vayma-Bato Yaromeh TOA**

## The start of changes (16 added kicks)

Notice that these changes are done among foot strikes from 36 to 71.

From “Yette-Rato” position, after two techniques  
of “Taysabaki “ in 6:00 direction

- |  |   |      |
|--|---|------|
| 36. Yette-Keyetto  | R | 6:00 |
| 37. Osaya-Keyetto (after sitting, with heel, low strike) | L | 6:00 |
| 38. Osaya-Keyetto (after sitting and jumping)            | R | 6:00 |

From “Rato” position in 1:30 direction

- |                                     |   |       |
|-------------------------------------|---|-------|
| 39. Keyetto (after jumping forward) | L | 1:30  |
| 40. Keyetto (after jumping forward) | R | 7:30  |
| 41. Keyetto (Downward)              | L | 10:30 |
| 42. Osaya-Keyetto                   | L | 4:30  |
| 43. Keyetto                         | R | 7:30  |
| 44. Keyetto                         | L | 1:30  |

From “Yette-Rato” position, after two techniques  
of “Taysabaki “ in 12:00 direction

- |  |   |       |
|--|---|-------|
| 45. Yette-Keyetto  | L | 12:00 |
| 46. Osaya-Keyetto (after sitting, with heel, low strike) | R | 12:00 |
| 47. Osaya-Keyetto (after sitting and jumping)            | L | 12:00 |

From “Rato” position in 4:30 direction

- |   |   |       |
|---|---|-------|
| 48. Keyetto                                   | R | 4:30  |
| 49. Osaya-Keyetto (after sitting and turning) | L | 10:30 |
| 50. Osaya-Keyetto (after sitting and turning) | R | 4:30  |

### 2nd Part (attack from center outward) with “Gado Ri-Keyma” in 12 o’clock

- |                   |   |       |
|-------------------|---|-------|
| 51. Keyetto       | R | 12:00 |
| 52. Osaya-Keyetto | L | 10:30 |
| 53. Yette-Keyetto | R | 9:00  |
| 54. Yette-Keyetto | R | 6:00  |
| 55. Osaya-Keyetto | L | 4:30  |
| 56. Yette-Keyetto | R | 3:00  |
| 57. Keyetto       | L | 12:00 |

## **2nd Part (attack from center outward) with “Gado Ri-Keyma” in 6 o’clock**

|                   |   |       |
|-------------------|---|-------|
| 58. Keyetto       | L | 6:00  |
| 59. Osaya-Keyetto | R | 7:30  |
| 60. Yette-Keyetto | L | 9:00  |
| 61. Yette-Keyetto | L | 12:00 |
| 62. Osaya-Keyetto | R | 1:30  |
| 63. Yette-Keyetto | L | 3:00  |
| 64. Keyetto       | R | 6:00  |

## **3rd Part (Hammer Yad-Keyetto) with “Gado Ri-Keyma” in 6 o’clock**

|   |   |       |
|---|---|-------|
| 65. Hammer-Yad-Keyetto                              | R | 6:00  |
| 66. Hammer-Yad-Keyetto (after sitting)              | R | 6:00  |
| 67. Osaya-Keyetto (after sitting and short jumping) | L | 12:00 |

## **4th Part (Toranma Osaya-Keyetto)**

|   |   |       |
|---|---|-------|
| 68. Horayad-Keyetto (with cutting outwards) | L | 12:00 |
| 69. Horayad-Keyetto (with cutting outwards) | R | 12:00 |
| 70. Toranma-Osaya-Keyetto (after sitting)   | R | 3:00  |
| 71. Toranma-Osaya-Keyetto (after sitting)   | L | 9:00  |

# **The end of changes**

## **5th Part (circle - right) with “Gado Ri-Keyma” in 12 o’clock**

|   |   |       |
|---|---|-------|
| 72. Keyetto   | R | 3:00  |
| 73. Yette-Keyetto                                       | L | 12:00 |
| 74. Osaya-Keyetto                                       | R | 9:00  |
| 75. Keyetto   | R | 12:00 |
| 76. Yette-Keyetto                                       | L | 12:00 |
| 77. Osaya-Keyetto                                       | L | 7:30  |
| 78. Keyetto   | R | 6:00  |
| 79. Yette-Keyetto (after sitting with jumping forwards) | R | 3:00  |
| 80. Keyetto (S-J towards right)                         | L | 12:00 |

## **6th Part (circle - left) with “Gado Ri-Keyma” in 12 o’clock**

|                   |   |       |
|-------------------|---|-------|
| 81. Keyetto       | L | 9:00  |
| 82. Yette-Keyetto | R | 12:00 |
| 83. Osaya-Keyetto | L | 3:00  |
| 84. Keyetto       | L | 12:00 |



|   |   |       |
|---|---|-------|
| 85. Yette-Keyetto                                       | R | 12:00 |
| 86. Osaya-Keyetto                                       | R | 4:30  |
| 87. Keyetto   | L | 6:00  |
| 88. Yette-Keyetto (after sitting with jumping forwards) | L | 9:00  |
| 89. Keyetto (S-J towards right)                         | R | 12:00 |

**7th Part “Gol” or (flower - right) with “Gado Ri-Keyma” in 12 o’clock**

|                    |   |       |
|--------------------|---|-------|
| 90. Keyetto        | R | 1:30  |
| 91. Yette-Keyetto  | L | 3:00  |
| 92. Osaya-Keyetto  | R | 3:00  |
| 93. Keyetto        | R | 4:30  |
| 94. Yette-Keyetto  | L | 6:00  |
| 95. Osaya-Keyetto  | R | 6:00  |
| 96. Keyetto        | R | 7:30  |
| 97. Yette-Keyetto  | L | 9:00  |
| 98. Osaya-Keyetto  | R | 9:00  |
| 99. Keyetto        | R | 10:30 |
| 100. Yette-Keyetto | L | 12:00 |
| 101. Osaya-Keyetto | R | 12:00 |

**8th Part “Gol” or (flower - left) with “Gado Ri-Keyma” in 6 o’clock**

|                    |   |       |
|--------------------|---|-------|
| 102. Keyetto       | L | 4:30  |
| 103. Yette-Keyetto | R | 3:00  |
| 104. Osaya-Keyetto | L | 3:00  |
| 105. Keyetto       | L | 1:30  |
| 106. Yette-Keyetto | R | 12:00 |
| 107. Osaya-Keyetto | L | 12:00 |
| 108. Keyetto       | L | 10:30 |
| 109. Yette-Keyetto | R | 9:00  |
| 110. Osaya-Keyetto | L | 9:00  |
| 111. Keyetto       | L | 7:30  |
| 112. Yette-Keyetto | R | 6:00  |
| 113. Osaya-Keyetto | L | 6:00  |

**9th Part (Bonken - right) from “Yette-Rato” position 12 o’clock**

|                                    |   |       |
|------------------------------------|---|-------|
| 114. Keyetto (Downward)            | R | 12:00 |
| 115. Yette-Keyetto (Downward)      | R | 3:00  |
| 116. Osaya-Keyetto                 | R | 6.00  |
| 117. Fomi-Komi (with knee defense) | R | 12:00 |

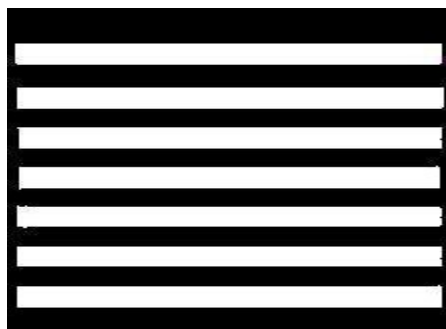
**10th Part (Bonken - left) from "Yette-Rato" position 12 o'clock**

|                                    |   |       |
|------------------------------------|---|-------|
| 118. Keyetto (Downward)            | L | 12:00 |
| 119. Yette-Keyetto (Downward)      | L | 9:00  |
| 120. Osaya-Keyetto                 | L | 6.00  |
| 121. Fomi-Komi (with knee defense) | L | 12:00 |

**Battle cry (Hays Bonken)**

**Vayma-Bato Yaromeh TOA**

**The order of 56 kicks in the seventh form of TOA**  
**“Vayma-Bato”**



**Note: after each strike in seventh form “Vayma-Bato”, foot is dragged upwards a little.**

**1st Part (Big Vaymabato - right)**

|  |   |       |
|--|---|-------|
| 01. Keyetto                              | R | 12:00 |
| 02. Yette-Keyetto (with cutting upwards) | L | 12:00 |
| 03. Nima-Keyetto (2nd V – Back)          | L | 12:00 |

**2nd Part (Hotto - right)**

|                                |   |       |
|--------------------------------|---|-------|
| 04. Horayma-Keyetto (Downward) | R | 12:00 |
| 05. Yette-Keyetto              | R | 12:00 |
| 06. Sima-Keyetto (Downward)    | R | 12:00 |
| 07. Keyetto                    | R | 12:00 |
| 08. Horayma-Keyetto (Downward) | L | 12:00 |
| 09. Yette-Keyetto              | L | 12:00 |
| 10. Heyma-Keyetto (1st V)      | R | 10:30 |
| 11. Yette-Keyetto              | L | 1:30  |

**3rd Part (Big Vaymabato - left)**

|  |   |      |
|--|---|------|
| 12. Keyetto                              | L | 6:00 |
| 13. Yette-Keyetto (with cutting upwards) | R | 6:00 |
| 14. Nima-Keyetto (2nd V – Back)          | R | 6:00 |

**4th Part (Hotto - left)**

|                                |   |      |
|--------------------------------|---|------|
| 15. Horayma-Keyetto (Downward) | L | 6:00 |
| 16. Yette-Keyetto              | L | 6:00 |

|                                |   |      |
|--------------------------------|---|------|
| 17. Sima-Keyetto (Downward)    | L | 6:00 |
| 18. Keyetto                    | L | 6:00 |
| 19. Horayma-Keyetto (Downward) | R | 6:00 |
| 20. Yette-Keyetto              | R | 6:00 |
| 21. Heyma-Keyetto (1st V)      | L | 7:30 |
| 22. Yette-Keyetto              | R | 4:30 |

### **5th Part (Kondray - right)**

|                                |   |       |
|--------------------------------|---|-------|
| 23. Keyetto                    | L | 12:00 |
| 24. Osaya-Keyetto              | L | 9:00  |
| 25. Keyetto                    | R | 10:30 |
| 26. Yette-Keyetto              | R | 9:00  |
| 27. Horayma-Keyetto (S-J)      | L | 9:00  |
| 28. Osaya-Keyetto              | R | 9:00  |
| 29. Horayma-Keyetto (Downward) | R | 9:00  |
| 30. Yette-Keyetto              | R | 9:00  |
| 31. Keyetto                    | R | 10:30 |

### **6th Part (small Vayma-Bato - left)**

|                        |   |       |
|------------------------|---|-------|
| 32. Hook-Yette-Keyetto | R | 10:30 |
| 33. Hook-Yette-Keyetto | L | 10:30 |
| 34. Keyetto            | R | 10:30 |

### **7th Part (Kondray - left)**

|                                |   |      |
|--------------------------------|---|------|
| 35. Keyetto                    | R | 6:00 |
| 36. Osaya-Keyetto              | R | 9:00 |
| 37. Keyetto                    | L | 7:30 |
| 38. Yette-Keyetto              | L | 9:00 |
| 39. Horayma-Keyetto (S-J)      | R | 9:00 |
| 40. Osaya-Keyetto              | L | 9:00 |
| 41. Horayma-Keyetto (Downward) | L | 9:00 |
| 42. Yette-Keyetto              | L | 9:00 |
| 43. Keyetto                    | L | 7:30 |

### **8th Part (small Vayma-Bato - right)**

|                        |   |      |
|------------------------|---|------|
| 44. Hook-Yette-Keyetto | L | 7:30 |
| 45. Hook-Yette-Keyetto | R | 7:30 |
| 46. Keyetto            | L | 7:30 |

**9th Part (Toranma-Osaya-Yad-Keyetto - left)**

|                               |   |       |
|-------------------------------|---|-------|
| 47. Toranma-Osaya-Yad-Keyetto | L | 10:30 |
| 48. Keyetto                   | R | 10:30 |

**10th Part (Toranma-Osaya-Yad-Keyetto - right)**

|                               |   |      |
|-------------------------------|---|------|
| 49. Toranma-Osaya-Yad-Keyetto | R | 4:30 |
| 50. Keyetto                   | L | 4:30 |

**11th Part (Osaya-Keyetto - right)**

**Note: this "11th Part" in film of "7 Step of TOA" has been done in 12 o'clock direction instead of 6 o'clock direction.**

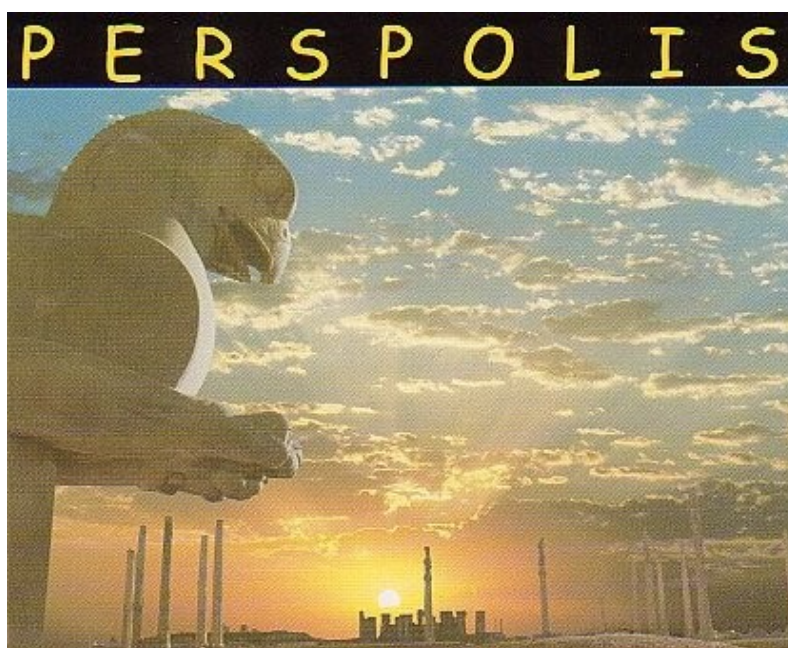
|   |   |      |
|---|---|------|
| 51. Osaya-Keyetto (after jumping the left foot forwards & sliding the right foot) | R | 6:00 |
| 52. Osaya-Keyetto   | L | 6:00 |
| 53. Keyetto   | R | 6:00 |

**12th Part (Osaya-Keyetto - left)**

|   |   |       |
|---|---|-------|
| 54. Osaya-Keyetto (after jumping the right foot forwards & sliding the left foot) | L | 12:00 |
| 55. Osaya-Keyetto   | R | 12:00 |
| 56. Keyetto   | L | 12:00 |

**Hestamatoma Yaromeh TOA**

**In order to explain and teach TOA forms correctly in Germany we needed to prepare various books which will be accomplished in the near future.**



**Once you come to know yourself  
you reach a level where you may know GOD,  
then “know yourself”**

**(Persian Poem)**

**Long live peace and art in the world**

**TOA**

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