

Techniken on 7th KYU

15 Techniques

Tettsui Uchi
Mawashi Gedan Barai
Shuto Mawashi Uke
Ke age

SANCHIN DACHI



**TETTSUI
HAMMER FIST**

1
**TETTSUI OROSHI
GANMEN UCHI**
right



2
**TETTSUI
KOME KAMI**
left



STRIKES

3
**TETTSUI
HIZO UCHI**
right



4
**TETTSUI MAE
YOKO UCHI JODAN**
left



5
**TETTSUI MAE
YOKO UCHI CHUDAN**
right



6
**TETTSUI MAE
YOKO UCHI GEDAN**
left



STRIKES

7
**TETTSUI YOKO
UCHI JODAN**
right



8
**TETTSUI YOKO
UCHI CHUDAN**
left



9
**TETTSUI YOKO
UCHI GEDAN**
right



STRIKES

10
**SEIKEN MAWASHI
GEDAN BARAI**
right



11
**SHUTO MAWASHI UKE
(IN KOKUTSU DACHI)**



12
**MAE CHUSOKU
KE AGE**
left

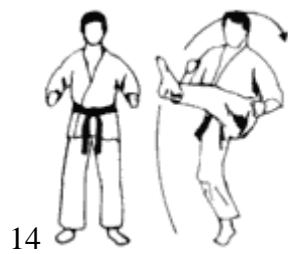


13
**TEISOKU MAWASHI
SOTO KE AGE**
right



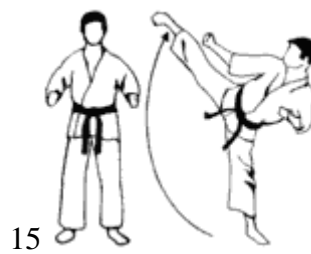
KICKS

KICKS



14

**HAIKOKU MAWASHI
UCHI KE AGE**
left



15

**SOKUTO YOKO
KE AGE**
right



RETURN TO
SANCHIN DACHI