


















Techniken on 8th KYU

10 Techniques		STRIKES				
<i>Tate</i>	<i>Tsuki</i>					
<i>Shita</i>	<i>Tsuki</i>	SANCHIN DACHI	1 TATE TSUKI JODAN right	2 TATE TSUKI CHUDAN left	3 TATE TSUKI GEDAN right	4 SHITA TSUKI left
<i>Jun</i>	<i>Tsuki</i>					
<i>Morote</i>	<i>Uchi Uke</i>					
<i>Uchi Uke</i>	<i>Gedan Barai</i>					
<i>Mae Geri</i>						
STRIKES						
						
5 JUN TSUKI JODAN right	6 JUN TSUKI CHUDAN left					
STRIKES						
						
7 JUN TSUKI GEDAN right						
BLOCKS			KICKS			
						
8 SEIKEN MOROTE CHUDAN UCHI UKE left	9 SEIKEN CHUDAN UCHI UKE GEDAN BARAI	10 JODAN MAE GERI CHUSOKU right	RETURN TO SANCHIN DACHI			