



## Techniken on 9th KYU

### Seiken 7 Techniques

*Sachin-Dachi*  
*Ago-Uchi*  
*Gyaku-Tsuki*  
*Uchi-Uke*  
*Soto-Uke*  
*Mae Geri Chusoku*



**SANCHIN DACHI**

### STRIKES



1

**SEIKEN JODAN AGO UCHI**  
right

### STRIKES



2

**SEIKEN GYAKU  
TSUKI JODAN**  
left



3

**SEIKEN GYAKU  
TSUKI CHUDAN**  
right



4

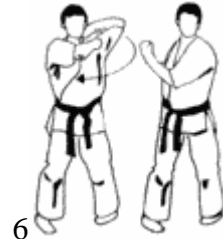
**SEIKEN GYAKU  
TSUKI GEDAN**  
left

### BLOCKS



5

**SEIKEN CHUDAN  
UCHI UKE**  
right



6

**SEIKEN CHUDAN  
SOTO UKE**  
left

### KICKS



**CHUSOKU**  
Ball of the foot



7

**CHUDAN MAE GERI CHUSOKU**  
right



RETURN TO  
**SANCHIN DACHI**