



## Techniken on 10th KYU

### Seiken 10 Techniques

*Fudo-Dachi*  
*Oi-Tsuki*  
*Jodan-Uke*  
*Mae-Gedan-Barai*  
*Hiza-Ganmen-Geri*  
*Kin Geri*



**FUDO DACHI**



**SEIKEN (FOREFIST)**  
Strike with the first 2 knuckles

### STRIKES



1  
**SEIKEN MOROTE  
TSUKI JODAN**



2  
**SEIKEN MOROTE  
TSUKI CHUDAN**



3  
**SEIKEN MOROTE  
TSUKI GEDAN**

### STRIKES



4  
**SEIKEN OI  
TSUKI JODAN**  
right



5  
**SEIKEN OI  
TSUKI CHUDAN**  
left



6  
**SEIKEN OI  
TSUKI GEDAN**  
right



7  
**SEIKEN JODAN UKE**  
left

### BLOCKS



8  
**SEIKEN MAE GEDAN BARAI**  
right

### KICKS



9  
**HIZA GAMMEN GERI**  
left



10  
**KIN GERI**  
right



RETURN TO **FUDO DACHI**