

3-kyu

Hiji

eller

Empi

12 Teknikker

Hiji Ate
Shuto Juji
Kakato Geri
Ago Geri



SANCHIN DACHI



1
CHUDAN HIJI ATE
høyre

Slag



2
CHUDAN MAE HIJI ATE
venstre



3
AGE HIJI ATE JODAN
høyre

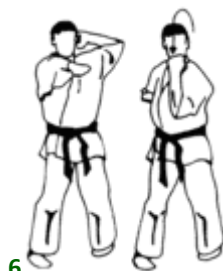


4
AGE HIJI ATE CHUDAN
venstre



5
USHIRO HIJI ATE
høyre

STRIKES



6
OROSHI HIJI ATE
venstre



7
SHUTO JUJI UKE JODAN
høyre

BLOKKERINGER



8
SHUTO JUJI UKE GEDAN
venstre

SPARK



FUDO DACHI



9
MAE KAKATO GERI JODAN
høyre



FUDO DACHI



10
MAE KAKATO GERI CHUDAN
venstre

SPARK



FUDO DACHI



11
MAE KAKATO GERI GEDAN
høyre



12
JODAN AGO GERI
venstre



Return to
SANCHIN DACHI