

SYLLABUS

KIHON 8th KYU

10 Teknikker

Tate Tsuki
Shita Tsuki
Jun Tsuki
Morote Uchi Uke
Uchi Uke Gedan Barai
Mae Geri



SANCHIN DACHI



1
TATE TSUKI
JODAN
høyre



2
TATE TSUKI
CHUDAN
venstre

Slag

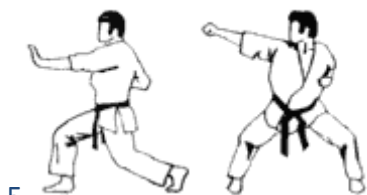


3
TATE TSUKI
GEDAN
høyre



4
SHITA TSUKI
venstre

Slag

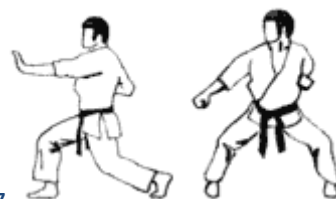


5
JUN TSUKI JODAN
høyre



6
JUN TSUKICHUDAN
venstre

Slag



7
JUN TSUKI GEDAN
høyre

Blokkeringer



8
SEIKEN MOROTE CHUDAN
UCHI UKE
venstre



9
SEIKEN CHUDAN
UCHI UKE
GEDAN BARAI



10
JODAN MAE GERI
CHUSOKU
høyre



Tilbake til
SANCHIN DACHI