

Techniken on 1st KYU

STRIKES

12
Techniques
Ryutoken Tsuki
Nakayubi
Ipponken
Oyayubiken
Kake Uke
Haito Uchi
Uchi Haisoku Geri
Oroshi Kakato
Geri
Tobi Yoko Geri



SANCHIN DACHI



Ryutoken
Dragon's Head Fist



1
RYUTOKEN TSUKI JODAN
right



2
RYUTOKEN TSUKI CHUDAN
left

STRIKES



Nakayubi Ipponken
One Knuckle Fist



3
NAKAYUBI IPPON KEN JODAN
right



4
NAKAYUBI IPPON KEN CHUDAN
left



Oyayubi Ipponken
Thumb Knuckle Fist



5
OYAYUBI IPPON KEN JODAN
right



6
OYAYUBI IPPON KEN CHUDAN
left

BLOCKS



7
KAKE UKE JODAN
right



8
CHUDAN HAITO UCHI UKE
left

KICKS



9

JODAN UCHI HAIKOKU GERI
right



10

FUDO DACHI



OROSHI UCHI KAKATO GERI
left



11

FUDO DACHI



OROSHI SOTO KAKATO GERI
right

KICKS



12

FUDO DACHI



TOBI YOKO GERI
left



into **FIGHTING STANCE**



RETURN TO
SANCHIN DACHI