













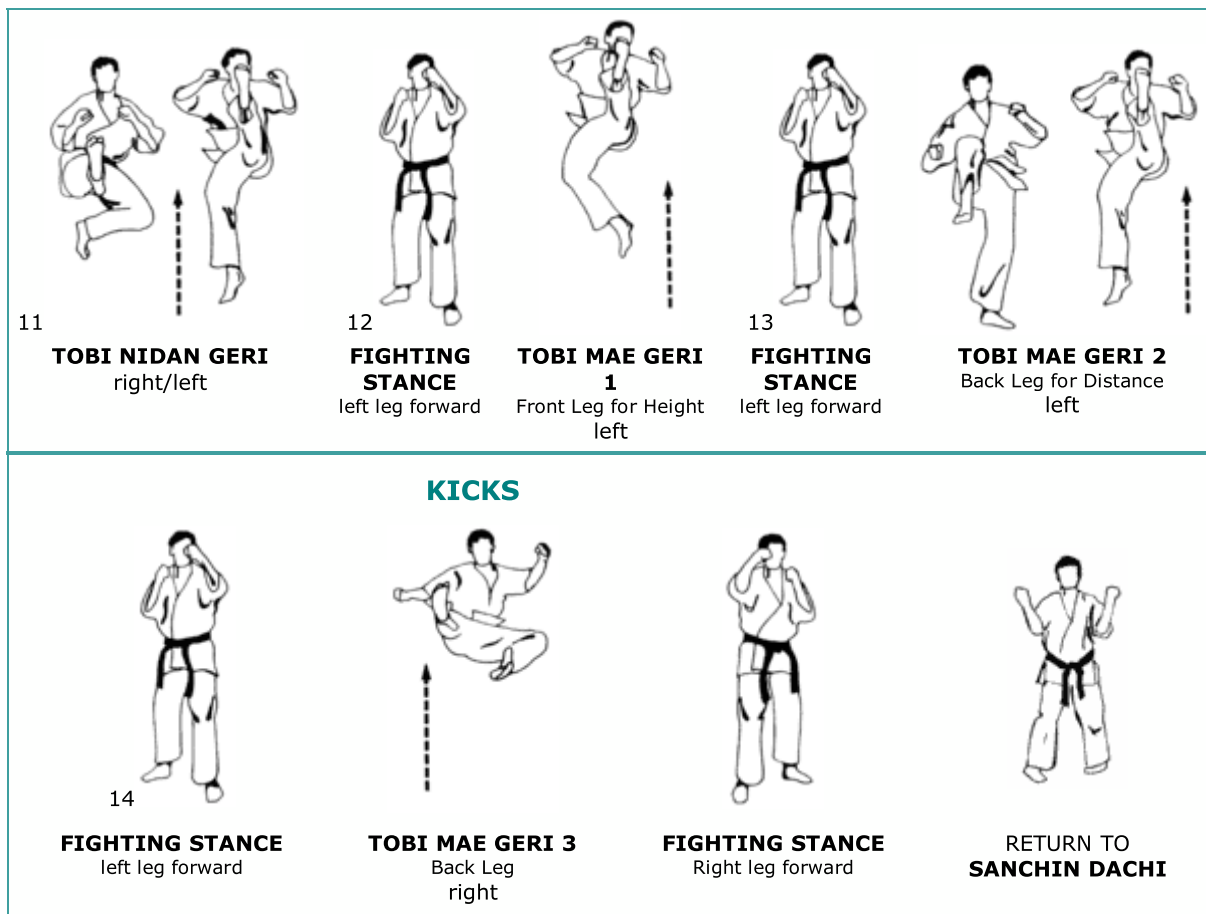


Techniken on 2nd KYU

<p>Hiraken 14 Techniques <i>Shuto Uchi</i> <i>Hiraken Tsuki</i> <i>Haisho Uchi</i> <i>Age Tsuki</i> <i>Koken Uke</i> <i>Tobi Nidan Geri</i> <i>Tobi Mae Geri</i></p>			STRIKES								
SANCHIN DACHI	Hiraken Flat or level fist			1 HIRAKEN TSUKI JODAN right	2 HIRAKEN TSUKI CHUDAN left						
STRIKES											
				3 HIRAKEN OROSHI UCHI right	4 HIRAKEN MAWASHI UCHI left	Haisho Backhand	5 HAISHO JODAN right				
STRIKES			BLOCKS								
						6 HAISHO CHUDAN left	7 AGO JODAN TSUKI right	Koken Wrist	8 KOKEN UKE JODAN left	9 KOKEN UKE CHUDAN right	10 KOKEN UKE GEDAN left
KICKS											



Zusätzlich gibt es bei den Angriffstechniken noch Koken-Uchi !