

# Techniken on 3rd KYU

Hiji or Empi

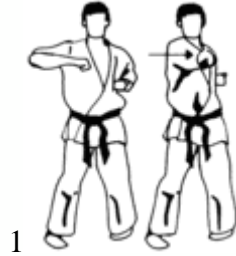
12 Techniques

*Hiji Ate  
Shuto Juji  
Kakato Geri  
Ago Geri*



**SANCHIN DACHI**

## STRIKES



**1 CHUDAN HIJI ATE**  
right

## STRIKES



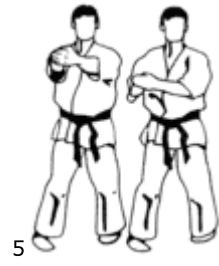
**2 CHUDAN MAE HIJI ATE**  
left



**3 AGE HIJI ATE JODAN**  
right

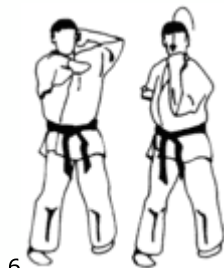


**4 AGE HIJI ATE CHUDAN**  
left



**5 USHIRO HIJI ATE**  
right

## STRIKES



**6 OROSHI HIJI ATE**  
left

## BLOCKS



**7 SHUTO JUJI UKE JODAN**  
right



**8 SHUTO JUJI UKE GEDAN**  
left

## KICKS



**FUDO DACHI**



**9 MAE KAKATO GERI JODAN**  
right



**FUDO DACHI**



**10 MAE KAKATO GERI CHUDAN**  
left

## KICKS



**FUDO DACHI**



11  
**MAE KAKATO GERI GEDAN**  
right



12  
**JODAN AGO GERI**  
left



Return to  
**SANCHIN DACHI**