

Techniken on 4th KYU

Shuto

15 Techniques

Shuto Uchi
Shuto Uke
Yoko Geri
Mawashi Geri
Chusoku
Mawashi Geri
Haisoku
Ushiro Geri



SANCHIN DACHI



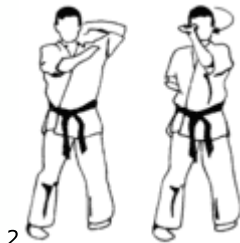
SHUTO
 Tegatana or
 Knife Hand

STRIKES



1
SHUTO SAKOTSU UCHI
 right

STRIKES



2
SHUTO YOKO GANMEN UCHI
 left



3
SHUTO UCHI KOMI
 right



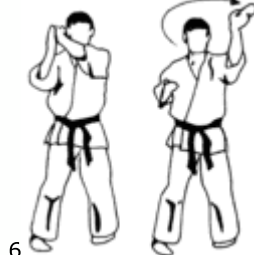
4
SHUTO HIZO UCHI
 left

STRIKES

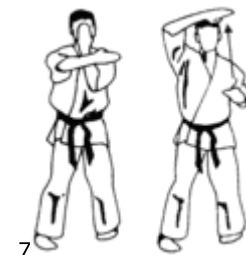


5
SHUTO JODAN UCHI UCHI
 right

BLOCKS



6
SHUTO JODAN UCHI UKE
 left



7
SHUTO JODAN UKE
 right

BLOCKS



8
SHUTO CHUDAN UCHI UKE
 left

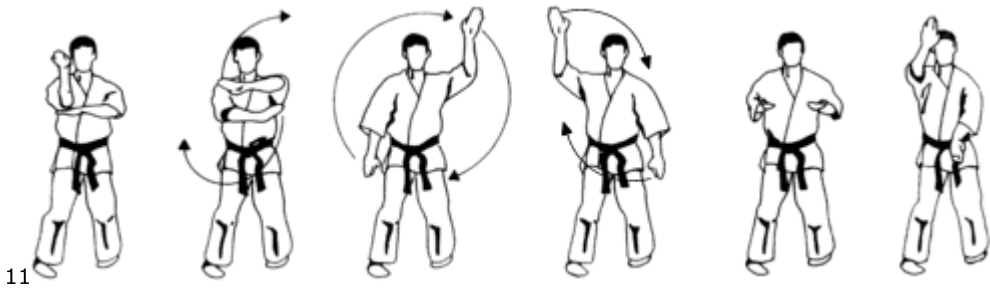


9
SHUTO CHUDAN SOTO UKE
 right



10
SHUTO MAE GEDAN BARAI
 left

BLOCKS



11

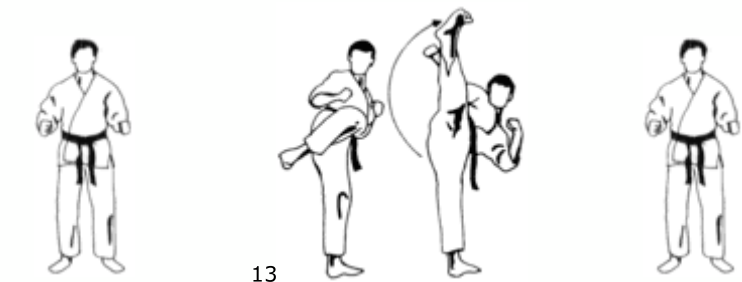
SHUTO MAWASHI UKE (In Sanchin Dachi)
right

KICKS



12

JODAN JOKO GERI
left



13

FUDO DACHI **JODAN MAWASHI GERI CHUSOKU** **FUDO DACHI**
right

KICKS



14

JODAN MAWASHI GERI HAISOKU
left



FUDO DACHI



15

JODAN USHIRO GERI
right



Return to
SANCHIN DACHI