


















Techniken on 5th KYU

<p>Shotei 12 Techniques <i>Kake Dachi</i> <i>Shotei Uchi</i> <i>Hiji Ate</i> <i>Shotei Uke</i> <i>Mawashi Geri</i> <i>Haisoku</i> <i>Mawashi Geri</i> <i>Chusoku</i> <i>Ushiro Geri</i></p>	 <p>SANCHIN DACHI</p>	 <p>SHOTEI Palm Heel</p>	<p>STRIKES</p>  <p>1 SHOTEI UCHI JODAN right</p>	 <p>2 SHOTEI UCHI CHUDAN left</p>
<p>STRIKES</p>  <p>3 SHOTEI UCHI GEDAN right</p>	 <p>4 JODAN HIJI ATE left</p>	 <p>5 SHOTEI UKE JODAN right</p>	<p>BLOCKS</p>  <p>6 SHOTEI UKE CHUDAN left</p>	 <p>7 SHOTEI UKE GEDAN right</p>
<p>KICKS</p>  <p>8 CHUDAN MAWASHI GERI HAISOKU left</p>	 <p>FUDO DACHI</p>	 <p>9 CHUDAN MAWASHI GERI CHUSOKU right</p>	 <p>FUDO DACHI</p>	
<p>KICKS</p>  <p>10 Step across</p>	 <p>Spin</p> <p>USHIRO GERI CHUDAN Method 1: Step across</p>	 <p>Kick left</p>	 <p>FUDO DACHI</p>	
<p>KICKS</p>				



11

Spin



Kick right



FUDO DACHI



12

Moro Ashi Dachi
left

USHIRO GERI CHUDAN
Method 2: **Spin**

KICKS



Step forward into
Kake Dachi



Kick
left



Step back into
Kake Dachi



Step back into
Moro Ashi Dachi
right



Return to
SANCHIN DACHI

USHIRO GERI CHUDAN
Method 3: **Kake Dachi**