

Techniken on 6th KYU

14 Techniques

Kiba Dachi
Uraken Uchi
Nukite
Juji Uke
Mawashi Geri Haisoku
Mawashi Geri Chusoku
Kansetsu Geri
Yoko Geri

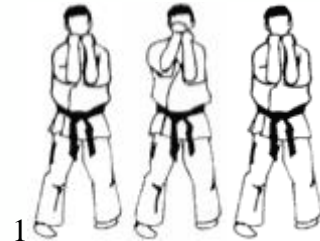


SANCHIN DACHI



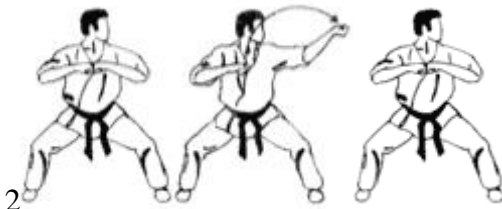
URAKEN
 (INVERTED FIST)
 Strike with the first 2 knuckles

STRIKES



1 **URAKEN GANMEN UCHI**
 right

STRIKES



2 **URAKEN SAYU GANMEN UCHI**
 left



3 **URAKEN HIZO UCHI**
 right

STRIKES



4 **URAKEN OROSHI GANMEN UCHI**
 left



5 **URAKEN MAWASHI UCHI**
 right

STRIKES

NIHON NUKITE

Thumb braced against index finger. Middle finger braced against remaining 2 fingers

YONHON NUKITE

Fingers tips aligned, width fingers pulled tightly together and the palm broadenet for strength.



6 **NIHON NUKITE**
 (ME TSUKI)
 left



7 **YONHON NUKITE JODAN**
 right



8 **YONHON NUKITE CHUDAN**
 left

BLOCKS



9

SEIKEN JUJI UKE JODAN



10

SEIKEN JUJI UKE GEDAN

KICKS



HAISOKU
(INSTEP)



11

MAWASHI GEDAN GERI HAISOKU
right



12

MAWASHI GEDAN GERI CHUSOKU
left

KICKS



SOKUTO KNIFE
FOOT
(ASHIGATANA)



13

KANSETSU GERI (SOKUTO)
right



14

CHUDAN JOKO GERI
(SOKUTO)
left



RETURN TO
SANCHIN
DACHI