

# Techniken on 7th KYU

15 Techniques

*Tettsui*                      *Uchi*  
*Mawashi*   *Gedan*   *Barai*  
*Shuto*   *Mawashi*   *Uke*  
*Ke age*



**SANCHIN DACHI**



**TETTSUI**  
HAMMER FIST



1  
**TETTSUI OROSHI**  
**GANMEN UCHI**  
right



2  
**TETTSUI**  
**KOME KAMI**  
left

## STRIKES



3  
**TETTSUI**  
**HIZO UCHI**  
right



4  
**TETTSUI MAE**  
**YOKO UCHI JODAN**  
left



5  
**TETTSUI MAE**  
**YOKO UCHI CHUDAN**  
right



6  
**TETTSUI MAE**  
**YOKO UCHI GEDAN**  
left

## STRIKES



7  
**TETTSUI YOKO**  
**UCHI JODAN**  
right



8  
**TETTSUI YOKO**  
**UCHI CHUDAN**  
left



9  
**TETTSUI YOKO**  
**UCHI GEDAN**  
right

## STRIKES



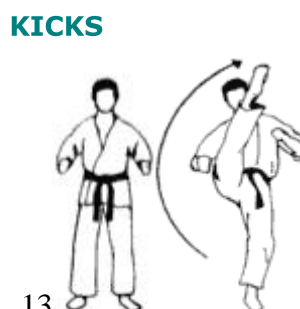
10  
**SEIKEN MAWASHI**  
**GEDAN BARAI**  
right



11  
**SHUTO MAWASHI UKE**  
**( IN KOKUTSU DACHI )**



12  
**MAE CHUSOKU**  
**KE AGE**  
left



13  
**TEISOKU MAWASHI**  
**SOTO KE AGE**  
right

## BLOCKS

## KICKS

## KICKS



14

**HAIKOKU MAWASHI  
UCHI KE AGE**  
left



15

**SOKUTO YOKO  
KE AGE**  
right



RETURN TO  
**SANCHIN DACHI**