
















Techniken on 8th KYU

| | | | | | | |
|---|---|--|---|--|---|---|
| 10 Techniques | | STRIKES | | | | |
| <i>Tate</i> | <i>Tsuki</i> |  |  |  |  |  |
| <i>Shita</i> | <i>Tsuki</i> | SANCHIN DACHI | 1 TATE TSUKI JODAN | 2 TATE TSUKI CHUDAN | 3 TATE TSUKI GEDAN | 4 SHITA TSUKI |
| <i>Jun</i> | <i>Tsuki</i> | | right | left | right | left |
| <i>Morote Uchi Uke</i> | <i>Gedan Barai</i> | | | | | |
| <i>Mae Geri</i> | | | | | | |
| STRIKES | | | | | | |
|  |  |  |  | | | |
| 5 JUN TSUKI JODAN | | 6 JUN TSUKI CHUDAN | | | | |
| right | | left | | | | |
| STRIKES | | | | | | |
|  |  | | | | | |
| 7 JUN TSUKI GEDAN | | | | | | |
| right | | | | | | |
| BLOCKS | | | KICKS | | | |
|  |  |  |  | | | |
| 8 SEIKEN MOROTE CHUDAN UCHI UKE | 9 SEIKEN CHUDAN UCHI UKE GEDAN BARAI | 10 JODAN MAE GERI CHUSOKU | | | | |
| left | | right | | RETURN TO SANCHIN DACHI | | |