

# Techniken on 9th KYU

**Seiken**  
7 Techniques

*Sachin-Dachi*  
*Ago-Uchi*  
*Gyaku-Tsuki*  
*Uchi-Uke*  
*Soto-Uke*  
*Mae Geri Chusoku*

## STRIKES



**SANCHIN DACHI**



1 **SEIKEN JODAN AGO UCHI**  
right

## STRIKES



2 **SEIKEN GYAKU TSUKI JODAN**  
left



3 **SEIKEN GYAKU TSUKI CHUDAN**  
right

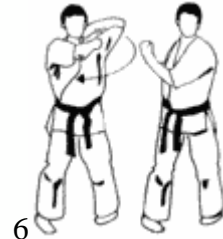


4 **SEIKEN GYAKU TSUKI GEDAN**  
left

## BLOCKS



5 **SEIKEN CHUDAN UCHI UKE**  
right



6 **SEIKEN CHUDAN SOTO UKE**  
left

## KICKS



**CHUSOKU**  
Ball of the foot



7 **CHUDAN MAE GERI CHUSOKU**  
right



**RETURN TO SANCHIN DACHI**