











Techniken on 2nd DAN - NIDAN

<p>10 Techniques</p> <p><i>Toho Uchi</i></p> <p><i>Keiko Uchi</i></p> <p><i>Ippon Nukite</i></p> <p><i>Hiji Uke</i></p> <p><i>Shotei Morote Uke</i></p> <p><i>Tobi Ushiro Geri</i></p> <p><i>Tobi Ushiro Mawashi Geri</i></p> <p><i>Tobi Mawashi Geri</i></p> <p><i>Age Kakato Ushiro Geri</i></p>	<p style="text-align: center;">SANCHIN DACHI</p> 	<p style="text-align: center;">STRIKES</p>  <p style="text-align: center;">Toho Sword Peak Hand</p>  <p style="text-align: center;">1 TOHO UCHI UCHI JODAN right</p>
 <p style="text-align: center;">Keiko Chicken Beak Fist</p>	<p style="text-align: center;">STRIKES</p>  <p style="text-align: center;">2 KEIKO UCHI left</p>	 <p style="text-align: center;">Ippon Nukite One Finger</p>  <p style="text-align: center;">3 IPPON NUKITE right</p>
 <p style="text-align: center;">4 STEP BACK INTO KIBA DACHI HIJI UKE CHUDAN left</p>	<p style="text-align: center;">BLOCKS</p>  <p style="text-align: center;">5 SHOTEI MOROTE GEDAN UKE</p>	 <p style="text-align: center;">6 SHUTO MOROTE GEDAN UKE</p>
<p>KICKS</p>		



7

SPIN
TOBI USHIRO GERI
left



FIGHTING STANCE



8

SPIN
TOBI USHIRO MAWASHI GERI
right



FIGHTING STANCE

KICKS



9

TOBI MAWASHI GERI
FRONT LEG
left



FIGHTING STANCE



10

spin
AGE KAKATO USHIRO GERI
right



TURN BACK INTO
SANCHIN DACHI