

Techniken on 1st DAN - SHODAN

14 Techniques

Morote Haito Uchi
Haito Uchi
Morote Kake Uchi
Osae Uke
Kake Geri Kakato
Kake Geri Thusoku
Ushiro Mawashi Geri



SANCHIN DACHI



Haito
Inner Knife Hand

STRIKES



1
MOROTE HAITO UCHI JODAN
right

STRIKES



2
MOROTE HAITO UCHI CHUDAN
left



3
HAITO UCHI JODAN
right



4
HAITO UCHI CHUDAN
left



5
HAITO UCHI GEDAN
right

BLOCKS



6
MOROTE KAKE UKE JODAN
left



7
OSAE UKE
right



8
KAKE GERI KAKATO JODAN
left



into **FIGHTING STANCE**



9
KAKE GERI KAKATO CHUDAN
right



into **FIGHTING STANCE**

KICKS

KICKS



10

**KAKE GERI
CHUSOKU JODAN**
left



into **FIGHTING
STANCE**



11

spin
**KAKE GERI
CHUSOKU CHUDAN**
right



into **FIGHTING
STANCE**



12

spin
**USHIRO MAWASHI
GERI JODAN**
left



into **FIGHTING
STANCE**

KICKS



13

spin
**USHIRO MAWASHI GERI
CHUDAN**
right



into **FIGHTING
STANCE**



14

spin
**USHIRO MAWASHI GERI
GEDAN**
left



into **FIGHTING
STANCE**



STEP BACK
INTO
**SANCHIN
DACHI**