



## Techniken on 1st KYU

### STRIKES

12  
Techniques  
*Ryutoken Tsuki*  
*Nakayubi*  
*Ipponken*  
*Oyayubiken*  
*Kake Uke*  
*Haito Uchi*  
*Uchi Haisoku Geri*  
*Oroshi Kakato*  
*Geri*  
*Tobi Yoko Geri*



**SANCHIN DACHI**



**Ryutoken**  
Dragon's Head Fist



1  
**RYUTOKEN TSUKI JODAN**  
right



2  
**RYUTOKEN TSUKI CHUDAN**  
left

### STRIKES



**Nakayubi Ipponken**  
One Knuckle Fist



3  
**NAKAYUBI IPPON KEN JODAN**  
right



4  
**NAKAYUBI IPPON KEN CHUDAN**  
left



**Oyayubi Ipponken**  
Thumb Knuckle Fist



5  
**OYAYUBI IPPON KEN JODAN**  
right



6  
**OYAYUBI IPPON KEN CHUDAN**  
left

### BLOCKS



7  
**KAKE UKE JODAN**  
right



8  
**CHUDAN HAITO UCHI UKE**  
left

### KICKS



9

**JODAN UCHI HAISOKU GERI**  
right



10

**FUDO DACHI**



**OROSHI UCHI KAKATO GERI**  
left



11

**FUDO DACHI**



**OROSHI SOTO KAKATO GERI**  
right

### KICKS



12

**FUDO DACHI**



**TOBI YOKO GERI**  
left



into **FIGHTING STANCE**



RETURN TO  
**SANCHIN DACHI**