



## Techniken on 2nd DAN - NIDAN

### STRIKES

10 Techniques

Toho Uchi  
 Keiko Uchi  
 Ippon Nukite  
 Hiji Uke  
 Shotei Morote Uke  
 Tobi Ushiro Geri  
 Tobi Ushiro Mawashi Geri  
 Tobi Mawashi Geri  
 Age Kakato Ushiro Geri



**SANCHIN DACHI**



**Toho**  
Sword Peak Hand



1  
**TOHO UCHI UCHI JODAN**  
right

### STRIKES



**Keiko**  
Chicken Beak Fist



2  
**KEIKO UCHI**  
left



**Ippon Nukite**  
One Finger



3  
**IPPON NUKITE**  
right

### BLOCKS



4  
STEP BACK INTO KIBA DACHI  
**HIJI UKE**  
**CHUDAN**  
left



5  
**SHOTEI MOROTE GEDAN**  
**UKE**



6  
**SHUTO MOROTE GEDAN**  
**UKE**

### KICKS



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**