













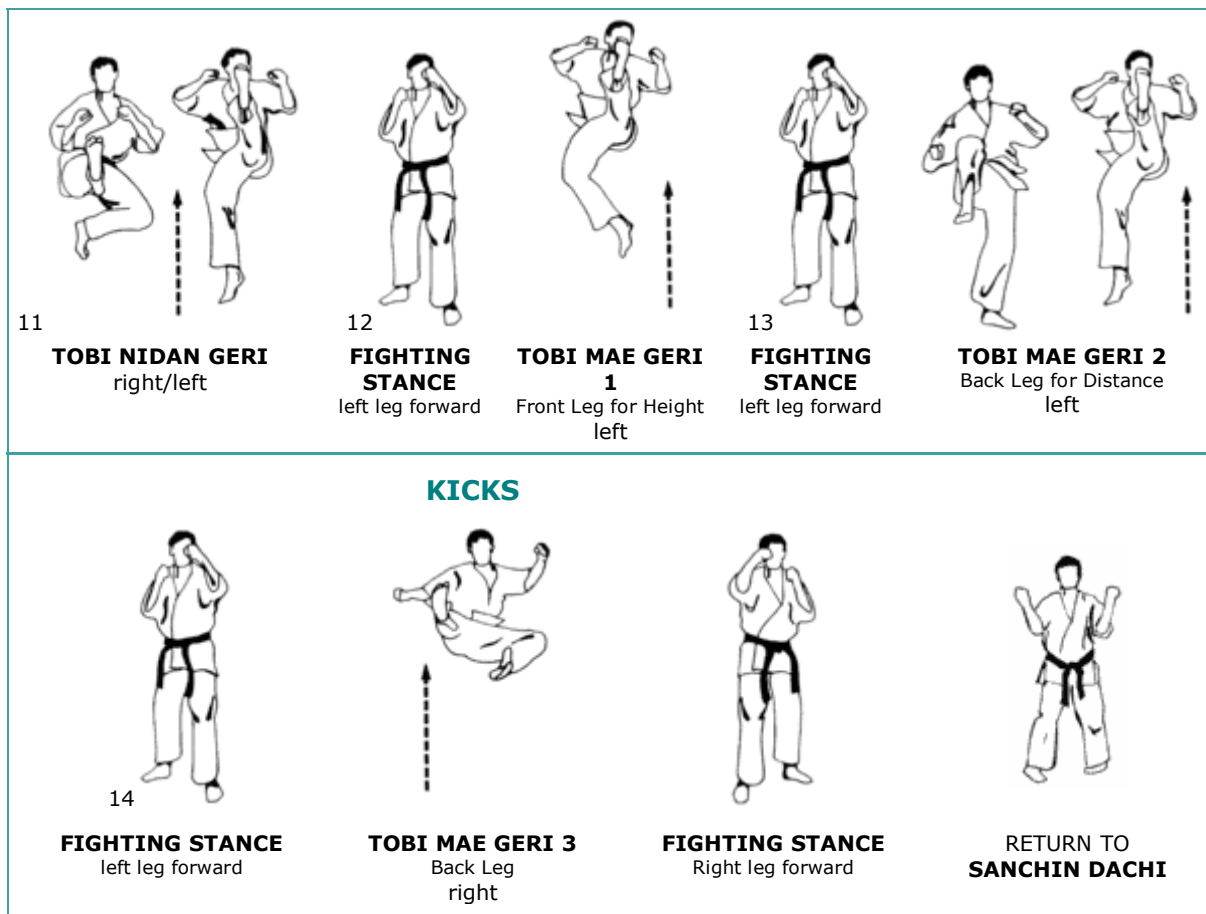




Techniken on 2nd KYU

		STRIKES				
Hiraken 14 Techniques <i>Shuto Uchi</i> <i>Hiraken Tsuki</i> <i>Haisho Uchi</i> <i>Age Tsuki</i> <i>Koken Uke</i> <i>Tobi Nidan Geri</i> <i>Tobi Mae Geri</i>	 SANCHIN DACHI	 Hiraken Flat or level fist	 1 HIRAKEN TSUKI JODAN right	 2 HIRAKEN TSUKI CHUDAN left		
			STRIKES			
	 3 HIRAKEN OROSHI UCHI right	 4 HIRAKEN MAWASHI UCHI left	 Haisho Backhand	 5 HAISHO JODAN right		
		STRIKES		BLOCKS		
	 6 HAISHO CHUDAN left	 7 AGO JODAN TSUKI right	 Koken Wrist	 8 KOKEN UKE JODAN left	 9 KOKEN UKE CHUDAN right	 10 KOKEN UKE GEDAN left
KICKS						



Zusätzlich gibt es bei den Angriffstechniken noch Koken-Uchi !