

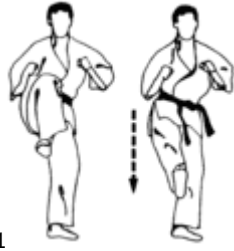
Techniken on 3rd KYU

<p>Hiji or Empi</p>		<p>STRIKES</p>
<p>12 Techniques</p>	<p>SANCHIN DACHI</p>	<p>1 CHUDAN HIJI ATE right</p>
<p><i>Hiji Ate Shuto Juji Kakato Geri Ago Geri</i></p>	<p>STRIKES</p>	<p>2 CHUDAN MAE HIJI ATE left</p>
	<p>3 AGE HIJI ATE JODAN right</p>	<p>4 AGE HIJI ATE CHUDAN left</p>
	<p>5 USHIRO HIJI ATE right</p>	<p>STRIKES</p>
	<p>6 OROSHI HIJI ATE left</p>	<p>BLOCKS</p>
	<p>7 SHUTO JUJI UKE JODAN right</p>	<p>8 SHUTO JUJI UKE GEDAN left</p>
	<p>KICKS</p>	<p>9 MAE KAKATO GERI JODAN right</p>
	<p>FUDO DACHI</p>	<p>10 MAE KAKATO GERI CHUDAN left</p>

KICKS



FUDO DACHI



11
MAE KAKATO GERI GEDAN
right



12
JODAN AGO GERI
left



Return to
SANCHIN DACHI