











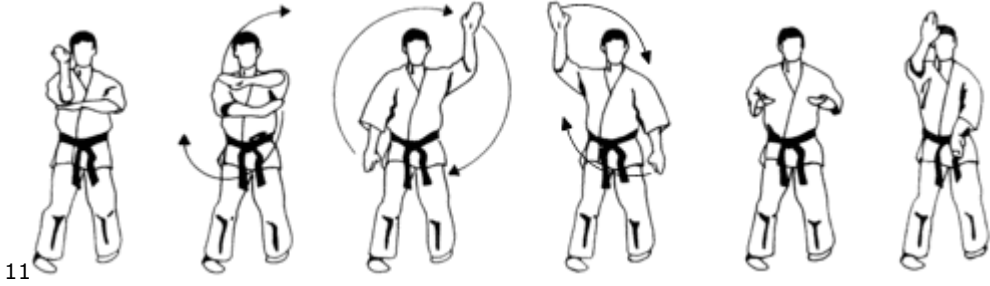


## Techniken on 4th KYU

<p><b>Shuto</b> 15 Techniques <i>Shuto Uchi</i> <i>Shuto Uke</i> <i>Yoko Geri</i> <i>Mawashi Geri</i> <i>Chusoku</i> <i>Mawashi Geri</i> <i>Haisoku</i> <i>Ushiro Geri</i></p>	 <p><b>SANCHIN DACHI</b></p>	 <p><b>SHUTO</b> Tegatana or Knife Hand</p>	<p><b>STRIKES</b></p>  <p>1 <b>SHUTO SAKOTSU UCHI</b> right</p>
<p><b>STRIKES</b></p>			
 <p>2 <b>SHUTO YOKO GANMEN UCHI</b> left</p>		 <p>3 <b>SHUTO UCHI KOMI</b> right</p>	 <p>4 <b>SHUTO HIZO UCHI</b> left</p>
<p><b>STRIKES</b></p>		<p><b>BLOCKS</b></p>	
 <p>5 <b>SHUTO JODAN UCHI UCHI</b> right</p>		 <p>6 <b>SHUTO JODAN UCHI UKE</b> left</p>	 <p>7 <b>SHUTO JODAN UKE</b> right</p>
<p><b>BLOCKS</b></p>			
 <p>8 <b>SHUTO CHUDAN UCHI UKE</b> left</p>		 <p>9 <b>SHUTO CHUDAN SOTO UKE</b> right</p>	 <p>10 <b>SHUTO MAE GEDAN BARAI</b> left</p>

**BLOCKS**



11

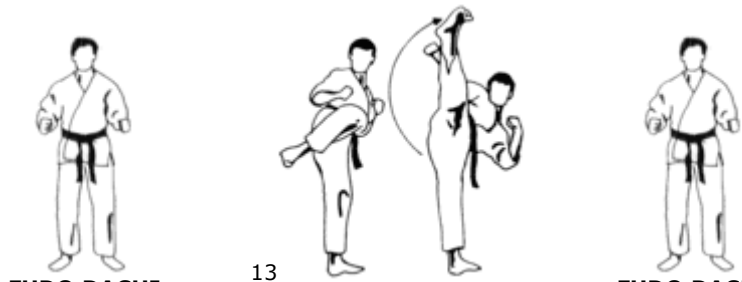
**SHUTO MAWASHI UKE (In Sanchin Dachi)**  
right

**KICKS**



12

**JODAN JOKO GERI**  
left



**FUDO DACHI**

13

**JODAN MAWASHI GERI CHUSOKU**  
right

**FUDO DACHI**

**KICKS**



14

**JODAN MAWASHI GERI HAISOKU**  
left



**FUDO DACHI**



15

**JODAN USHIRO GERI**  
right



Return to  
**SANCHIN DACHI**