

## Techniken on 5th KYU

### STRIKES

#### Shotei

12 Techniques

*Kake Dachi*

*Shotei Uchi*

*Hiji Ate*

*Shotei Uke*

*Mawashi Geri*

*Haisoku*

*Mawashi Geri*

*Chusoku*

*Ushiro Geri*



**SANCHIN DACHI**



**SHOTEI**  
Palm Heel



1  
**SHOTEI UCHI JODAN**  
right



2  
**SHOTEI UCHI CHUDAN**  
left

### STRIKES



3  
**SHOTEI UCHI GEDAN**  
right



4  
**JODAN HIJI ATE**  
left



5  
**SHOTEI UKE JODAN**  
right



6  
**SHOTEI UKE CHUDAN**  
left



7  
**SHOTEI UKE GEDAN**  
right

### BLOCKS

### KICKS



8  
**CHUDAN MAWASHI GERI HAISOKU**  
left



9  
**CHUDAN MAWASHI GERI CHUSOKU**  
right



**FUDO DACHI**



**FUDO DACHI**

### KICKS



10  
Step across



Spin



Kick left



**FUDO DACHI**

**USHIRO GERI CHUDAN**  
Method 1: Step across

### KICKS



11

Spin



Kick right



**FUDO DACHI**



12

**Moro Ashi Dachi**  
left

**USHIRO GERI CHUDAN**  
Method 2: Spin

### KICKS



Step forward into  
**Kake Dachi**



**Kick**  
left



Step back into  
**Kake Dachi**



Step back into  
**Moro Ashi Dachi**  
right



Return to  
**SANCHIN DACHI**

**USHIRO GERI CHUDAN**  
Method 3: Kake Dachi