












Techniken on 6th KYU

<p>14 Techniques <i>Kiba Dachi</i> <i>Uraken Uchi</i> <i>Nukite</i> <i>Juji Uke</i> <i>Mawashi Geri Haisoku</i> <i>Mawashi Geri Chusoku</i> <i>Kansetsu Geri</i> <i>Yoko Geri</i></p>	 <p>SANCHIN DACHI</p>	 <p>URAKEN (INVERTED FIST) Strike with the first 2 knuckles</p>	<p>STRIKES</p>  <p>1 URAKEN GANMEN UCHI right</p>
STRIKES			
 <p>2 URAKEN SAYU GANMEN UCHI left</p>			 <p>3 URAKEN HIZO UCHI right</p>
STRIKES			
 <p>4 URAKEN OROSHI GANMEN UCHI left</p>		 <p>5 URAKEN MAWASHI UCHI right</p>	
STRIKES			
<p>NIHON NUKITE Thumb braced against index finger. Middle finger braced against remaining 2 fingers YONHON NUKITE Fingers tips aligned, width fingers pulled tightly together and the palm broadenet for strength.</p>		 <p>6 NIHON NUKITE (ME TSUKI) left</p>	 <p>7 YONHON NUKITE JODAN right</p>
		 <p>8 YONHON NUKITE CHUDAN left</p>	
BLOCKS			



9

SEIKEN JUJI UKE JODAN



10

SEIKEN JUJI UKE GEDAN

KICKS



HAISOKU
(INSTEP)



11

MAWASHI GEDAN GERI HAISOKU
right



12

MAWASHI GEDAN GERI CHUSOKU
left

KICKS



SOKUTO KNIFE
FOOT
(ASHIGATANA)



13

KANSETSU GERI (SOKUTO)
right



14

CHUDAN JOKO GERI
(SOKUTO)
left



RETURN TO
SANCHIN
DACHI