



OI TSUKI



GYAKU TSUKI



AGE TSUKI



URA TSUKI



MAWASHI TSUKI



KAGI TSUKI



YAMA TSUKI



HEIKO TSUKI



HASAMI TSUKI



TETSUI UCHI



YOKO HIJI ATE (empi)



MAE HIJI ATE (empi)



USHIRO HIJI ATE (empi)



MAWASHI HIJI ATE (empi)



TATE HIJI ATE (agé empi)



OTOSHI HIJI ATE (empi)



SHUTO UCHI



HAITO UCHI

Techniques de blocage



GEDAN BARAI



JODAN AGE UKE



SOTO UKE



UCHI UKE



SHUTO UKE



OTOSHI UKE



TEKUBI KAKE UKE



MAE UDE OSAE



MOROTE UKE



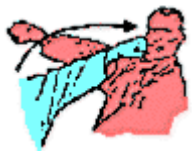
JUJI UKE JODAN



SOKUMEN AWASE



KAKE SHUTO UKE



ZUKI UKE



TE NAGAME UKE



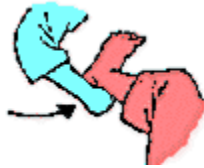
TE OSAE UKE



ATE TSUKAMI



KAKIWAKE UKE



GEDAN KAKE UKE



MOROTE SUKUI



SUKUI UKE



TEISHO AWASE UKE



GERI GAESHI UKE



MIKAZUKI GERI UKE



SOKUTO MAWASHI UKE



SOKUTEI OSAE UKE



SOKUTO OSAE UKE



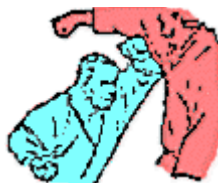
ASHIDO KAKE UKE



FUMIKOMI UDE UKE



FUMIKOMI SHUTO UKE



FUMIKOMI AGE UKE



**KAKUTO UKE
(JODAN KOUKE)**



TEISHO UKE



Mae Geri



Mae Ashi Geri



Yoko Geri



Yoko Geri Keage



Ushiro Geri Keage



Mawashi Geri



Mae Geri Kekomi



Mae Geri Fukomi



Ushiro Geri Fumikomi



Yoko Geri Fumikomi



Uchi Geri Fumikomi



Uchi Geri Fumikiri



Mawashi Hiza Geri



Gyaku uchi Mawashi Geri



Ushiro Mawashi Geri



Mae Hiza Geri



Yoko Tobi Geri



Tobi Mae Geri