





	
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
		
Mikazuki Geri	Gyaku Mawashi Geri	Ushiro Mawashi Geri
		
Mae Hiza Geri	Yoko Tobi Geri	Mae Tobi Geri

		
	Mawashi Hiza Geri	

	<u>OI TSUKI</u>	<u>GYAKU TSUKI</u>	
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	<u>AGE TSUKI (Seiken Tsuki)</u>	<u>URA TSUKI</u>	
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	<u>MAWASHI TSUKI</u>	<u>KAGI TSUKI</u>	
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	<u>YAMA TSUKI</u>	<u>HEIKO TSUKI</u>	
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	<u>HASAMI TSUKI</u>	<u>TETSUI UCHI</u>	
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	<u>YOKO HIJI ATE</u>	<u>MAE HIJI ATE</u>	
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	<u>USHIRO HIJI ATE</u>	
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MAWASHI HIJI ATE



TATE HIJI ATE

OTOSHI HIJI ATE

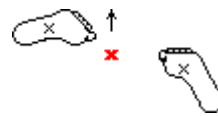


SHUTO UCHI

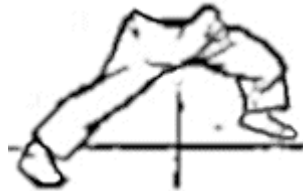
HAITO UCHI



SANCHIN DACHI



ZEN KUTSU DACHI



SHO ZEN KUTSU DACHI - Zen Kutsu Short, Identical, but feet are half of separation.

SHIKO DACHI



NEKO ASHI DACHI



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HEISOKU DACHI



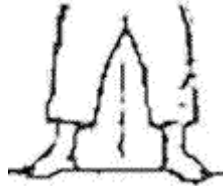
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MUSUBI DACHI



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SOTO HACHIJI DACHI



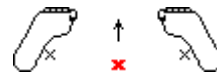
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HEIKO DACHI



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UCHI HACHIJI DACHI



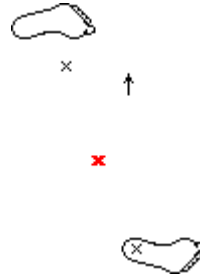
TEIJI DACHI



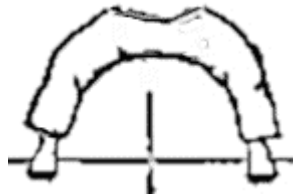
RENOJI DACHI



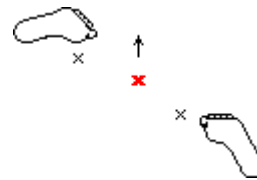
KO KUTSU DACHI



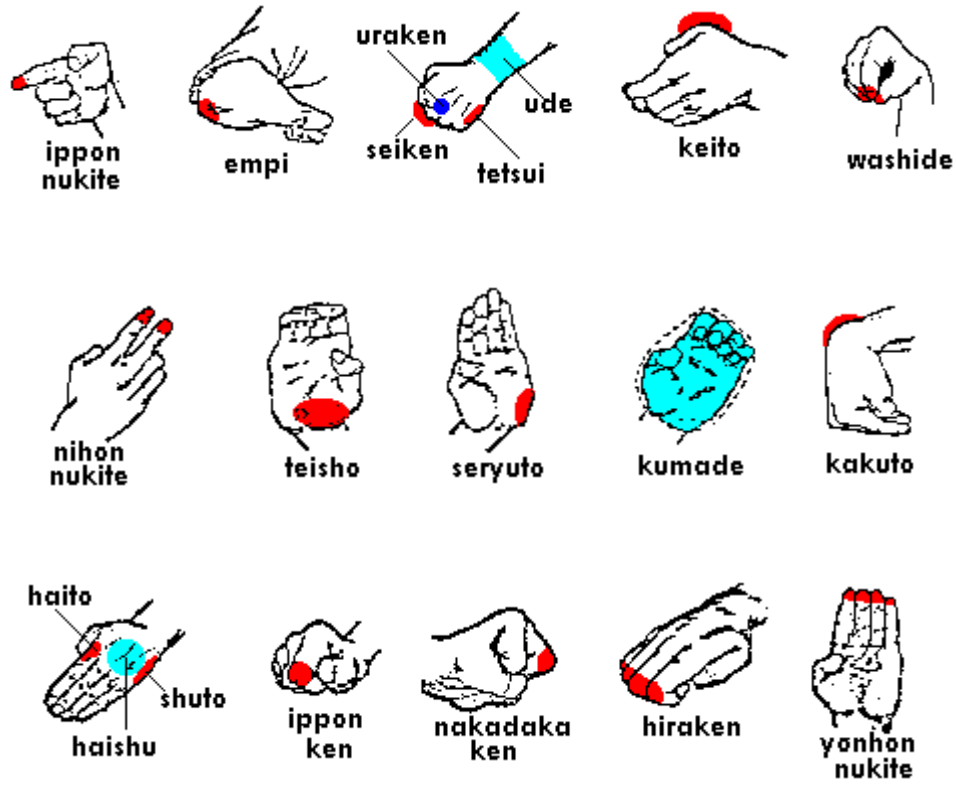
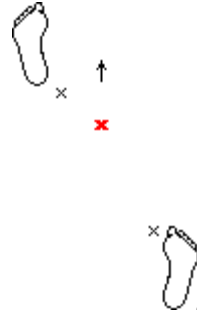
KIBA DACHI



HANGETSU DACHI



FUDO DACHI



GEDAN BARAI  
JODAN AGE UKE





SOTO UKE

UCHI UKE



SHUTO UKE

OTOSHI UKE



TEKUBI KAKE UKE

MAEUDE OSAE



MOROTE UKE

JUJI UKE



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

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KAKUTO UKE  
(JODAN KOUKE)

TEISHO UKE

