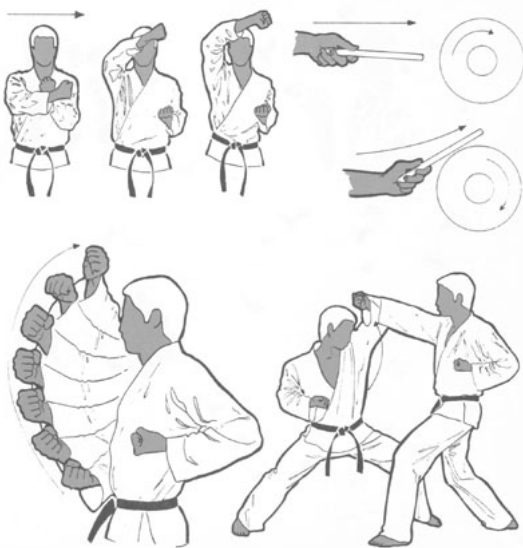
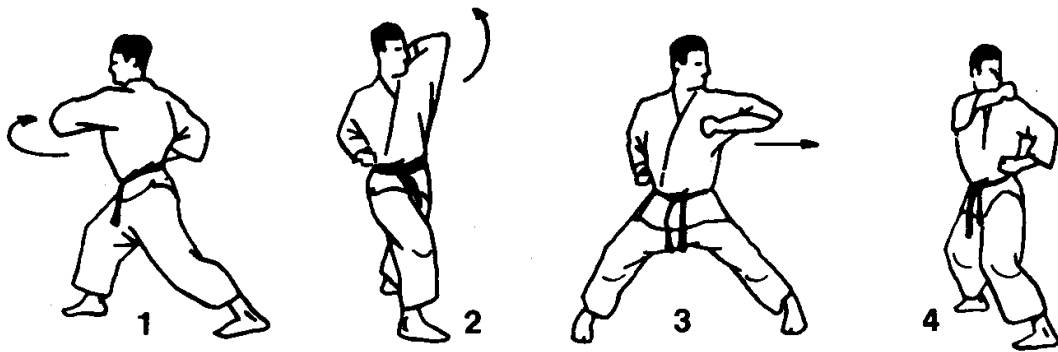
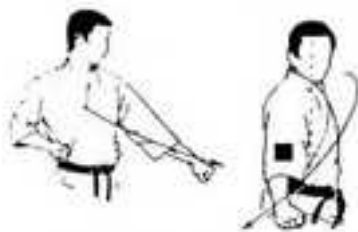




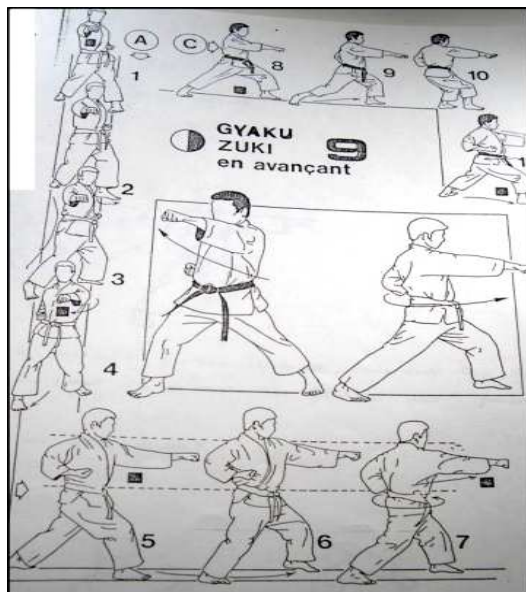
Age_uke



EMPI-UCHI



GEDAN BARAI



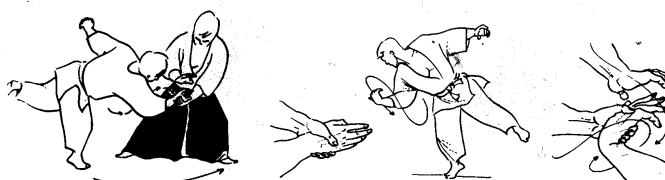


HIZA GERI

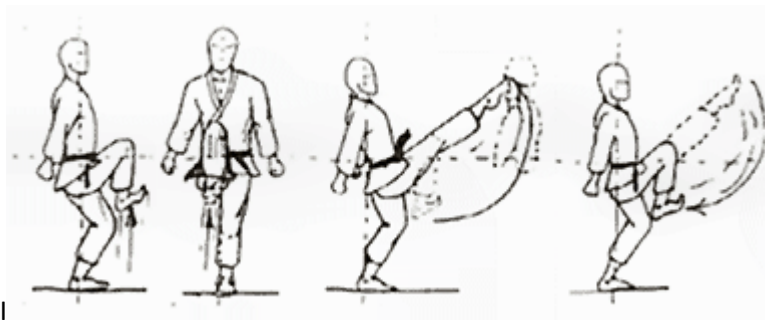
IKKYO OMOTE ET URA



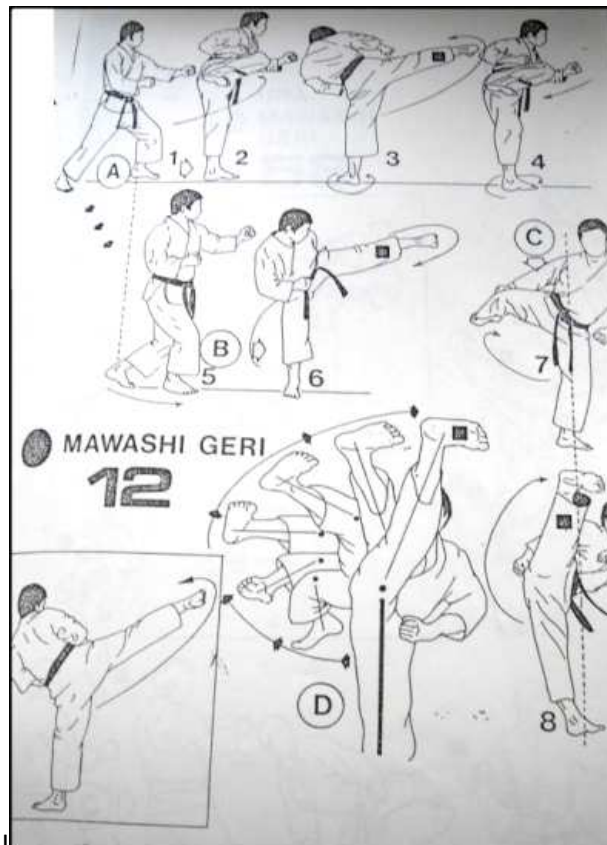
IRIMI



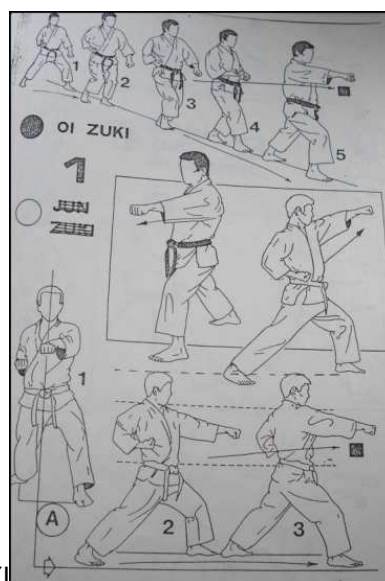
KOTE GAESHI



MAE GERI



MAWASHI GERI



Mawashi Zuki

OI ZUKI



otoshi_uke



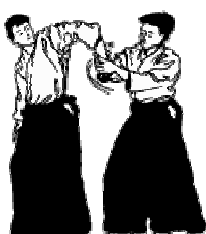
SHIHO NAGE OMOTE



Ikkyo

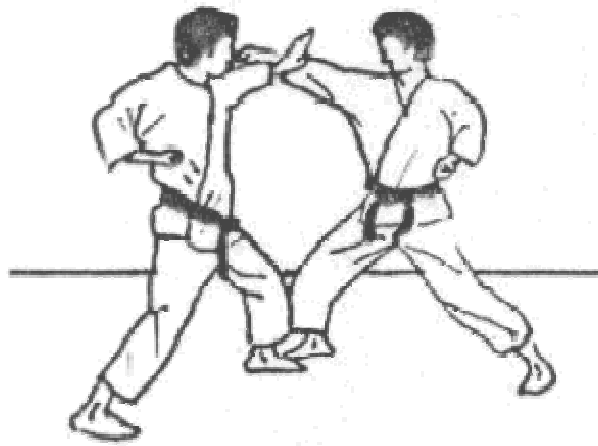


Nikyo

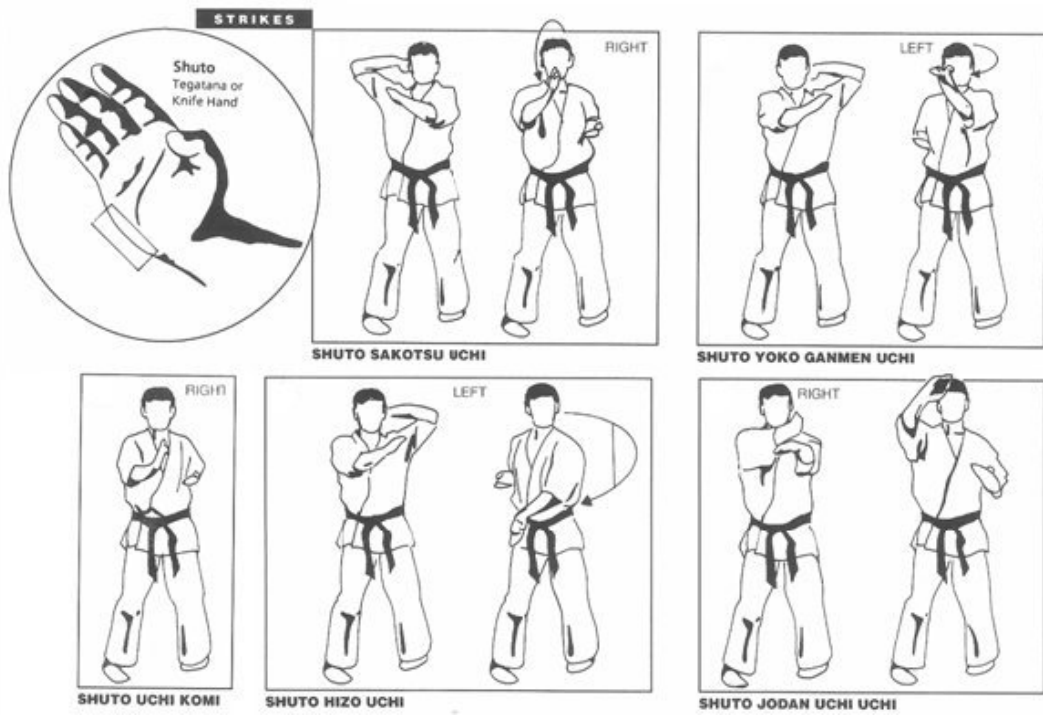


Sankyo

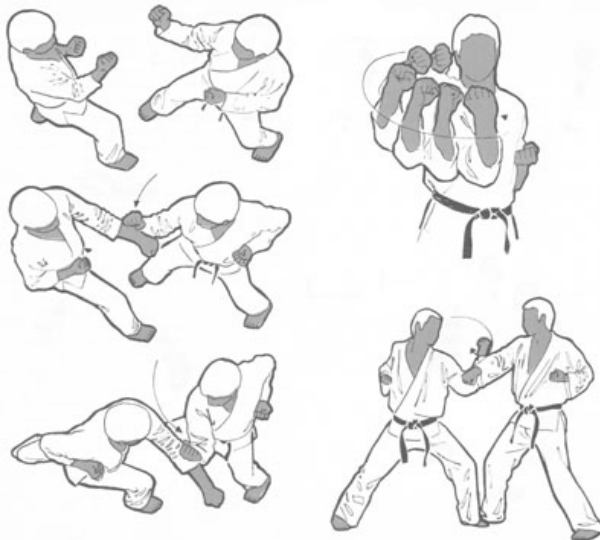
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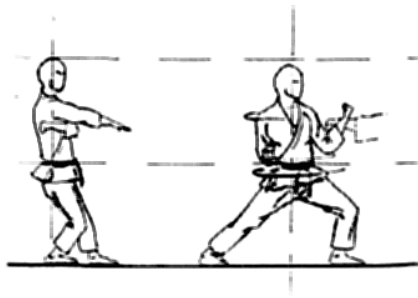
SHUTO UKE



shuto_uchi



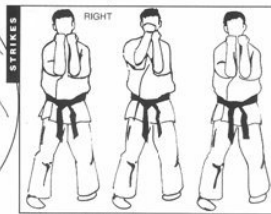
soto_uke



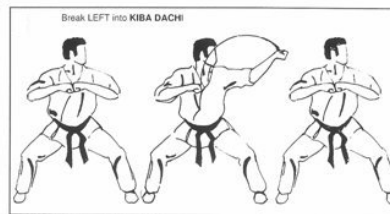
UCHI UKE



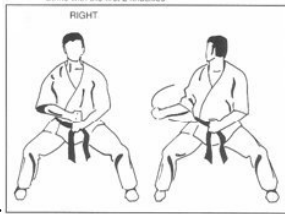
URAKEN (INVERTED FIST)
Strike with the first 2 knuckles



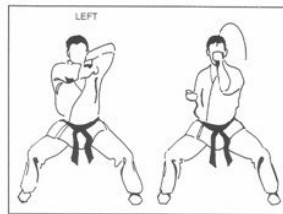
URAKEN GANMEN UCHI



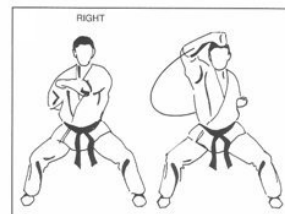
URAKEN SAYU GANMEN UCHI



URAKEN HIZO UCHI



URAKEN OROSHI GANMEN UCHI



URAKEN MAWASHI UCHI

uraken_uchi



USHIRO GERI CHUDAN
Method 1 Spin



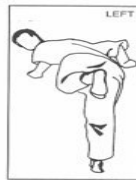
KICK



USHIRO GERI CHUDAN
Method 2 Step across



SPIN



LEFT



USHIRO GERI CHUDAN
Method 3 Kake Dachi

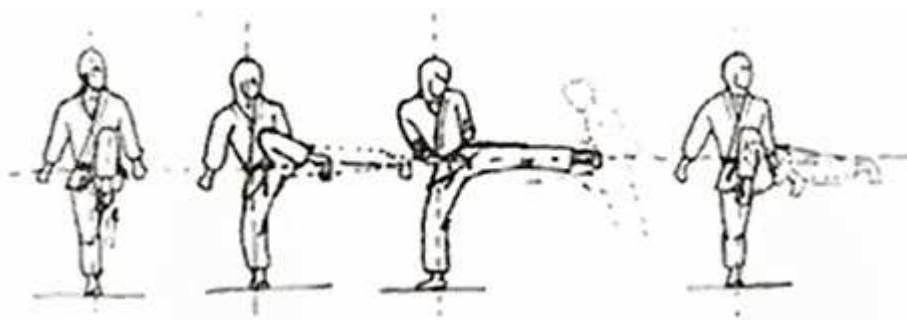


Step forward into
Kake Dachi



KICK

ushiro_geri



YOKO GERI