



Techniken on 9th KYU

Seiken 7 Techniques

Sachin-Dachi
Ago-Uchi
Gyaku-Tsuki
Uchi-Uke
Soto-Uke
Mae Geri Chusoku



SANCHIN DACHI

STRIKES



SEIKEN JODAN AGO UCHI
right

STRIKES



**SEIKEN GYAKU
TSUKI JODAN**
left



**SEIKEN GYAKU
TSUKI CHUDAN**
right

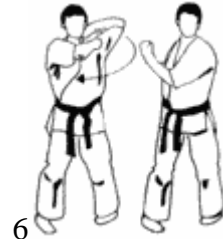


**SEIKEN GYAKU
TSUKI GEDAN**
left

BLOCKS



**SEIKEN CHUDAN
UCHI UKE**
right



**SEIKEN CHUDAN
SOTO UKE**
left

KICKS



CHUSOKU
Ball of the foot



CHUDAN MAE GERI CHUSOKU
right



**RETURN TO
SANCHIN DACHI**