



Techniken on 10th KYU

Seiken 10 Techniques

Fudo-Dachi
Oi-Tsuki
Jodan-Uke
Mae-Gedan-Barai
Hiza-Ganmen-Geri
Kin Geri



FUDO DACHI



SEIKEN (FOREFIST)
Strike with the first 2 knuckles

STRIKES



1
**SEIKEN MOROTE
TSUKI JODAN**



2
**SEIKEN MOROTE
TSUKI CHUDAN**



3
**SEIKEN MOROTE
TSUKI GEDAN**

STRIKES



4
**SEIKEN OI
TSUKI JODAN**
right



5
**SEIKEN OI
TSUKI CHUDAN**
left



6
**SEIKEN OI
TSUKI GEDAN**
right



7
SEIKEN JODAN UKE
left

BLOCKS



8
SEIKEN MAE GEDAN BARAI
right

KICKS



9
HIZA GAMMEN GERI
left



10
KIN GERI
right



RETURN TO **FUDO DACHI**