
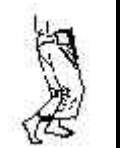



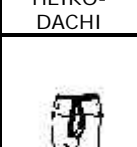





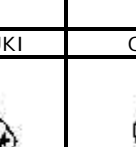



# K I H O N

## Técnicas de Base




				
HEIKO-DACHI	KAKE-DACHI	KIBA-DACHI	KOKUTSU-DACHI	TSURUACHI-DACHI
				
MUSUBI-DACHI	NEKOASHI-DACHI	SANCHI-DACHI	SHIKO-DACHI	UCHINACHIJI-DACHI
				
ZENKUTSU-DACHI				

## Técnicas de Braço

			
GIAKU-ZUKI	OI-ZUKI	TATE-ZUKI	URAZUKI
			
AGE-UKE	GEDAN-BARAI	GEDAN-JUJI-UKE	JODAN-JUJI-UKE
			
MOROTE-UKE	SHUTO-UKE	SOTO-UKE	USHI-UKE

## Técnicas de Perna

			
FUMIKOMI-GERI	KAGATO-GERI	MAE-GERI	MAWASHI-GERI

			
MIKAZUKI-GERI	USHIRO-GERI	YOKO-GERI- KEKOMI	