

## Kihon tecniche fondamentali



Seiken-choku-zuki



Seiken-choku-zuki



Oizuki con avanzamento



Agheuke



Agheuke



Agheuke in zenkutsudachi



Uchiuke



Uchiuke



Uchiuke in zenkutsudachi



Sotouke



Sotouke



Sotouke in zenkutsudachi



Ghedambarai - achinojidachi



Ghedambarai - achinojidachi



Ghedambarai - zenkutsudachi

Fig. 1a



Shutouke dx - posizione koktsudachi

Fig. 1b



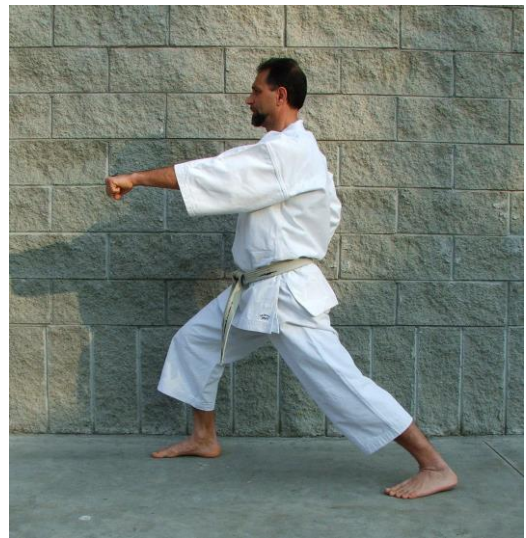
Nukite sx - posizione zenkutsudachi dx

Fig. 2a



Kamae dx – guardia

Fig. 2b



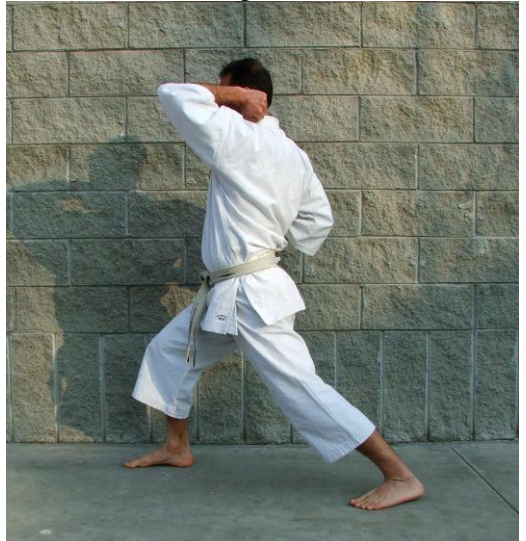
Gyakuzuki sx – posizione zenkutsudachi

Fig. 3a



Kamae dx guardia

Fig. 3b



Aghempi sx – posizione zenkutsudachi

Fig. 4a



Tateshutouke  
Nekoashidachi

Fig. 4b



Gyakuzuki

Fig. 4c



Junzuki

5



Uchi-mawashi-shutouchi

6



Gyaku-shutouchi

7



Gyaku-aitouchi

8



Soto-mawashi-shutouchi

9



Urakenuchi

10



Gyaku-teishouchi