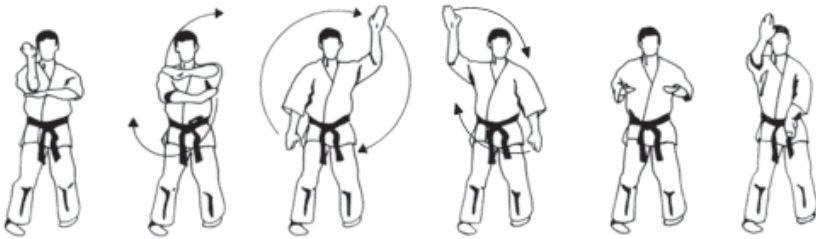




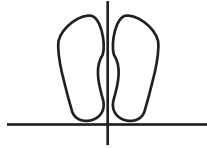
SHINKYOKUSHIN

KIHON TECHNIQUES

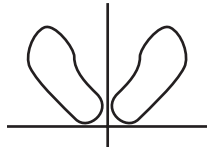




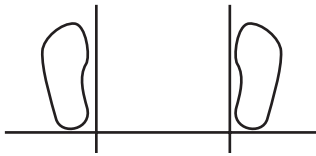
stances



heisoku dachi



musubi dachi



heiko dachi



fudo dachi



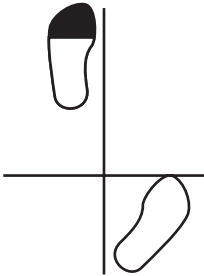
uchi hajiji dachi



kiba dachi

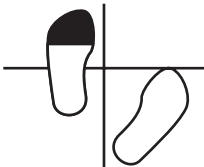


stances



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kokutso dachi



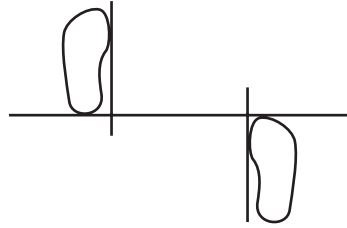
90/10

nekoashi dachi

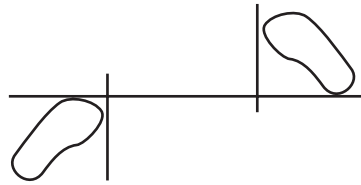


90/10

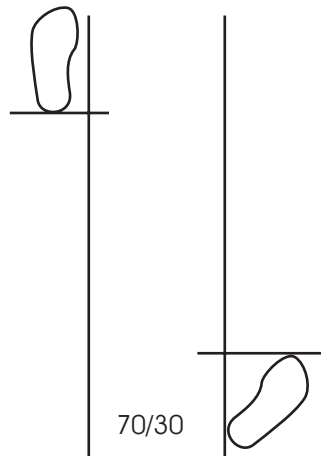
kake dachi



moroashi dachi



sanchin dachi

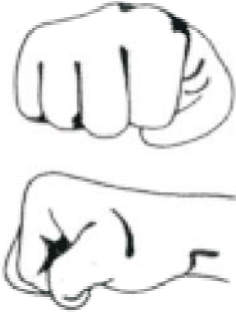


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zenkutso dachi



point of impact



seiken



tetsui



uraken



shuto



shotei



nihon/yohon
nukite



haito



ryutoken



haisho



point of impact



chusoku



sokuto



haisoku



**nakayubi
iponken**



**oiayubi
iponken**



keiko



ippon nukite



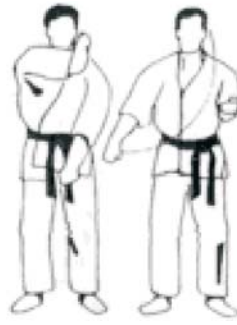
toho



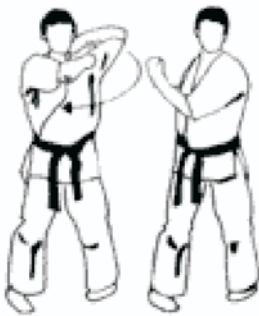
blocks



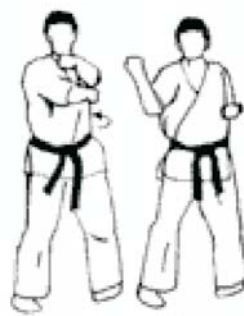
jodan uke



gedan barae



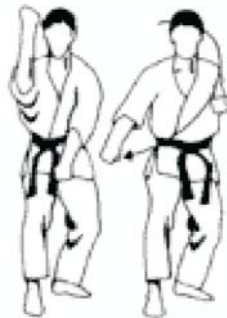
soto uke



uchi uke



uchi uke
gedan barae



seiken mawashi
gedan barae



morote chudan
uchi uke



blocks



shotei uke
jodan



shotei uke
chudan



shotei uke
gedan



seiken juji uke jodan



seiken juji uke gedan



shuto juji uke jodan



shuto juji uke gedan



blocks



shuto jodan uke



shuto chudan soto uke



shuto chudan uchi uke



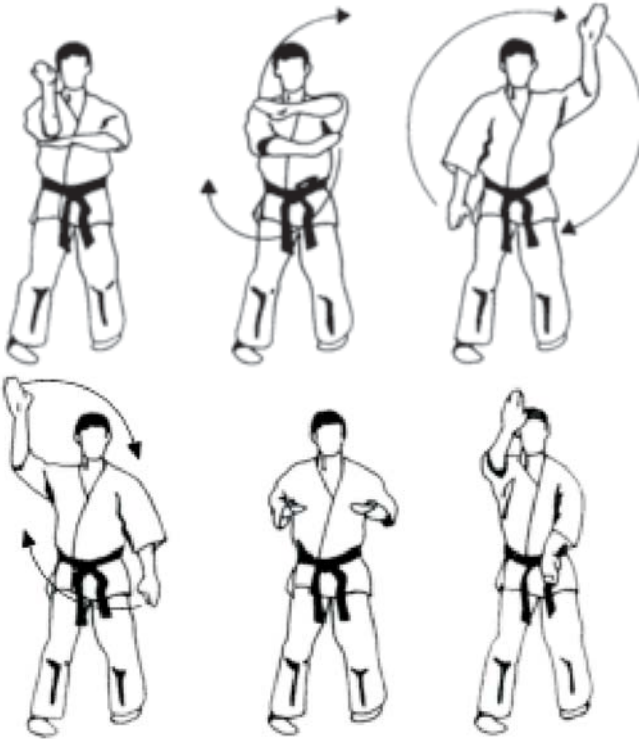
shuto mae gedan barae



shuto mawashi uke



shuto jodan uchi uke



mae shuto mawashi uke



koken uke
jodan



koken uke
chudan



koken uke
gedan



blocks



chudan haito uchi uke



osae uke



hiji uke
chudan



kake uke jodan



morote kake uke



shotei morote
gedan uke



shuto morote
gedan uke



punches



seiken morote
tsuki jodan



seiken morote
tsuki chudan



seiken morote
tsuki gedan



seiken
jodan tsuki



seiken
chudan tsuki



seiken
gedan tsuki



seiken ago uchi



punches



tate tsuki
jodan



tate tsuki
chudan



tate tsuki
gedan



jun tsuki jodan



shita tsuki



tetsui kome kami



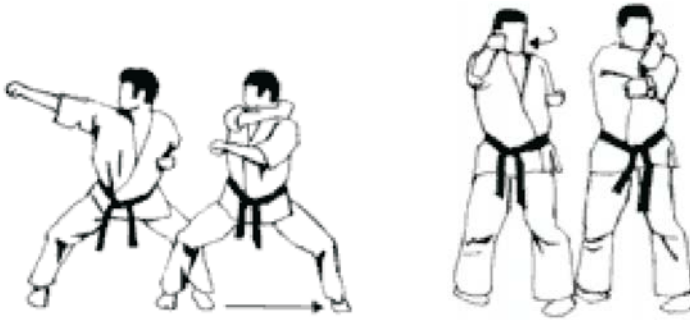
tetsui hizo uchi



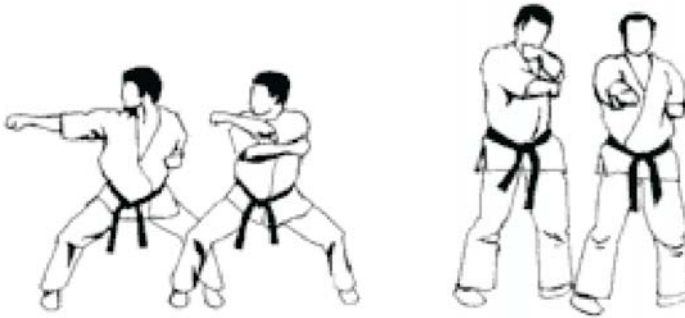
tetsui oroshi
ganmen uchi



punches



tetsui yoko uchi jodan



tetsui yoko uchi chudan



tetsui yoko uchi gedan



punches



uraken shomen
ganmen uchi



uraken sayo
ganmen uchi



uraken hizo uchi



uraken oroshi ganmen uchi



uraken mawashi ganmen uchi



punches



nihon nukite



yohon nukite
jodan



yohon nukite
chudan



shotei uchi
jodan



shotei uchi
chudan



shotei uchi
gedan



shuto sakutsu uchi



shuto uchi uchi



shuto uchi
komi



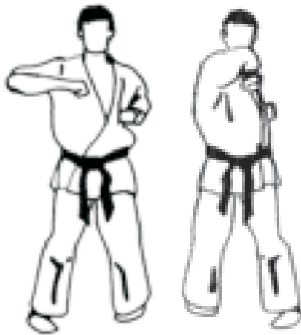
punches



shuto yoko ganmen uchi



shuto hizo uchi



jodan hiji ate



chudan hiji ate



age hiji ate



ushiro hiji ate



oroshi hiji ate



punches



hiraken tsuki
jodan



hiraken tsuki
chudan



hiraken mawashi
uchi



hiraken oroishi tsuki



age jodan tsuki



haisho uchi jodan



haisho uchi chudan



punches



koken uchi jodan



koken uchi chudan



koken uchi uchi



ryutoken
tsuki jodan



ryutoken
tsuki chudan



nakayubi
iponken jodan



nakayubi
iponken chudan



oyayubi iponken jodan



oyayubi iponken chudan



punches



haito uchi jodan



haito uchi chudan



haito uchi uchi



morote haito uchi jodan



morote haito uchi chudan



toho uchi



keiko uchi



ipon nukite



kicks



kin geri



hidza geri



mae geri
chudan



mae geri
jodan



mae chusoku
keage



teisoku mawashi
soto keage



haisoku mawashi
uchi keage



sokuto yoko
keage



kansetsu geri



kicks



yoko geri chudan



yoko geri jodan



mawashi geri gedan



mawashi geri chudan



mawashi geri jodan



ushiro geri chudan



kicks



yoko geri jodan



mae kakato geri gedan



mae kakato geri chudan



mae kakato geri jodan



tobi mae geri



kicks



tobi nidan geri



jodan uchi haisoku geri



oroshi uchi
kakato geri



oroshi soto
kakato geri



yoko tobi geri



kake geri chudan



kake geri jodan



kicks



**ushiro mawashi
geri jodan**



**ushiro mawashi
geri chudan**



**ushiro mawashi
geri gedan**



mawashi tobi geri



ushiro tobi geri



**ushiro mawashi
tobi geri**

新
極
真
會