



KIHON GEIKO (Técnicas Básicas)

* TE WAZA (Técnicas de Manos)



Seiken Chudan Tsuki



Seiken Yodan Tsuki



Uraken Shomen Uchi



Uraken Sayu Uchi



Uraken Hizo Uchi



Seiken Ago Uchi



Seiken Shita Suki



Hiji Yodan Ate



Hiji Otoshi Uchi



KIHON GEIKO (Técnicas Básicas)

* UKE WAZA (Técnicas de Bloqueos)



Seiken Jodan Uke



Seiken Soto Uke



Seiken Uchi Uke



Seiken Gedan Barai



**Seiken Chudan Uchi Uke
Gedan Barai**

KIHON GEIKO (Técnicas Básicas)

*** SHUTO WAZA (Técnicas de Shuto)**



Shuto Gamen Uchi



Shuto Sakotsu Uchi



Shuto Sakotsu Uchi Komi



Shuto Uchi Uchi



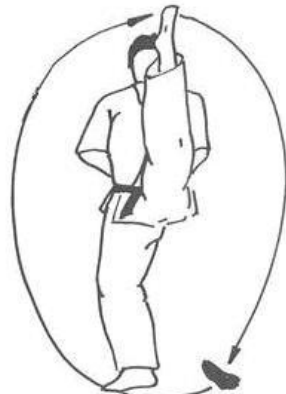
Shuto Hizo Uchi

KIHON GEIKO (Técnicas Básicas)

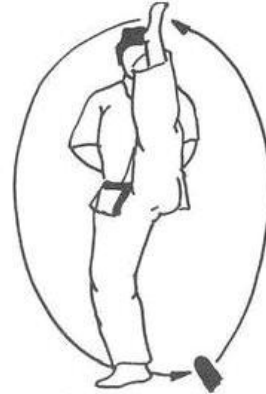
* WAZA GERI (Técnicas de Piernas / Patadas)



MAE KEAGE



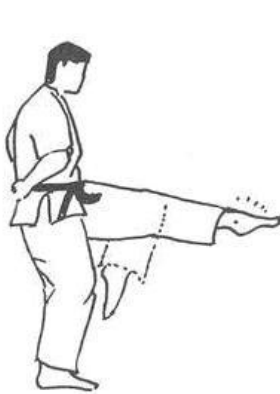
UCHI MAWASHI GERI



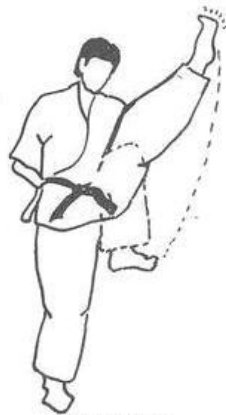
SOTO MAWASHI GERI



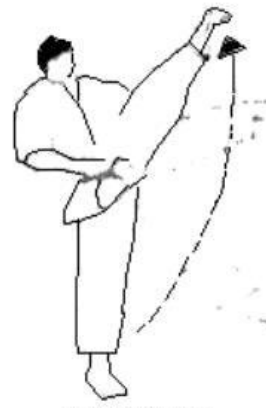
HIZA GERI



KIN GERI



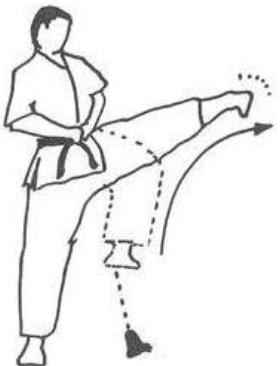
MAE GERI



YOKO KEAGE



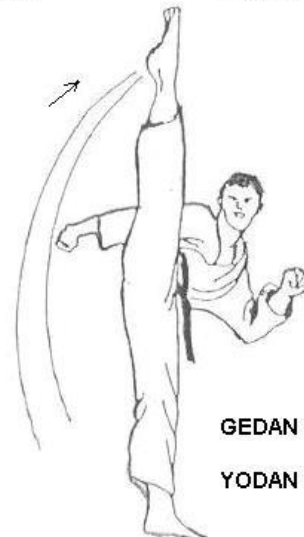
KANSETSU GERI



YOKO GERI



USHIRO GERI



GEDAN MAWASHI GERI

YODAN MAWASHI GERI