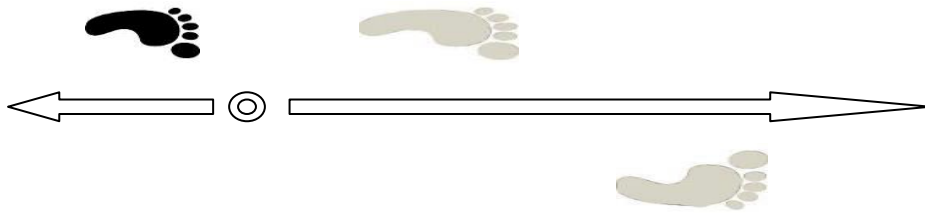


## **DAN no KIHON – NIDAN**

**(A) JIYU NA KAMAE**

**KIZAMI ZUKI – MAE GERI – JUN ZUKI**

**AGE UKE (Back) - MAWASHI GERI - URAKEN – JUN ZUKI**



**(B) FUDO DACHI GEDAN BARAI**

**CHUDAN JUN ZUKI**

**JUN ZUKI SANBON: CHUDAN – JODAN ( ZEN KUTSU ) CHUDAN**

**1. ZENKUTSU SHOMEN**

**2. MAE GERI – MAWASHI GERI**

**3. MAWASHI GERI – YOKO KEKOMI**

**4. MAE GERI – YOKO GERI – USHIRO GERI**

**5. KIME WAZA**

**KIZAMI ZUKI**