

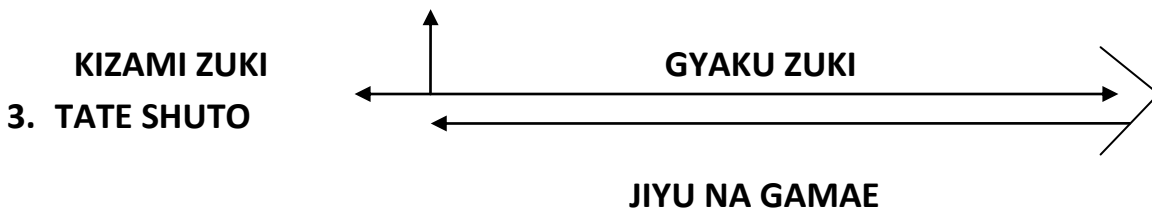
## DAN no KIHON – SANDAN

### 1. FUDO DACHI GEDAN BARAI

CHUDAN JUN ZUKI

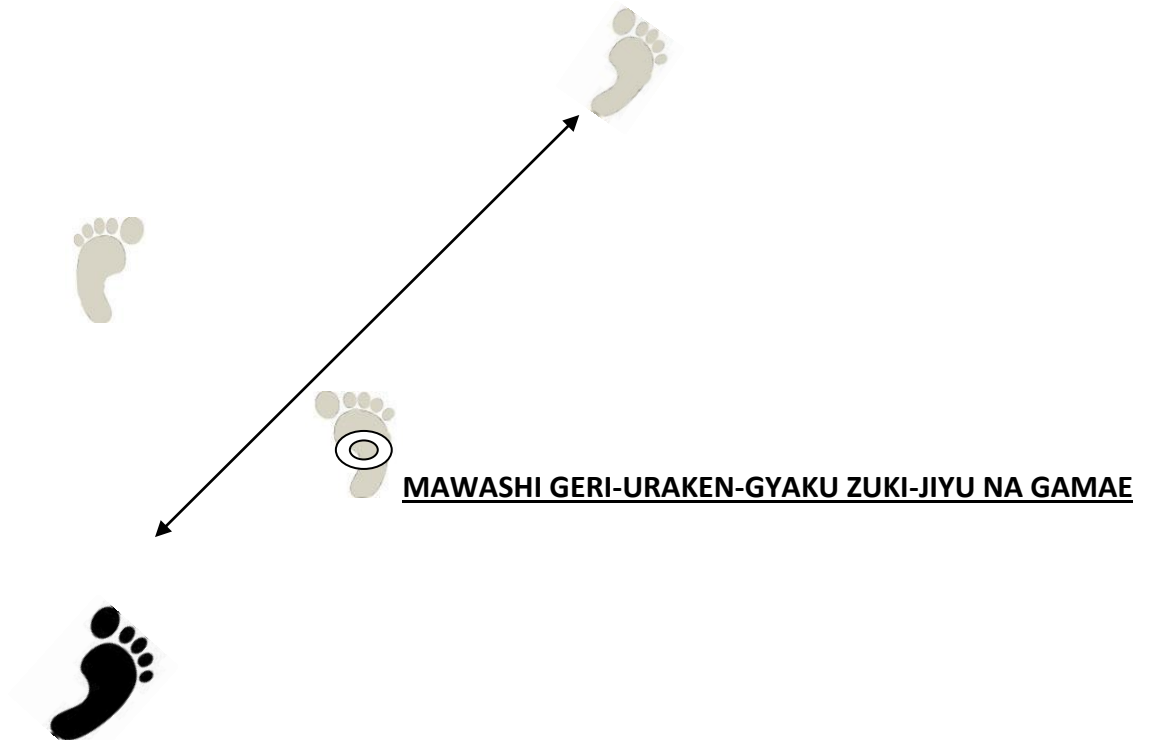
JUN ZUKI SANBON ZUKI : ( CHUDAN – JODAN – (ZENKUTSU) – CHUDAN )

### 2. SHOMEN JIYU NA GAMAE



4.

KIZAMI ZUKI  
GYAKU ZUKI



5.

MAE GERI – YOKO GERI – USHIRO GERI – MAWASHI GERI