

THE 21 LEG TECHNIQUE EXERCISE



HIZA GAMMEN GERI FROM SANCHIN DACHI



MAWASHI HIZA GERI



KIN GERI



CHUSOKU
Ball of the foot



CHUDAN MAE GERI CHUSOKU



JODAN MAE GERI CHUSOKU



MAE CHUSOKU KE AGE



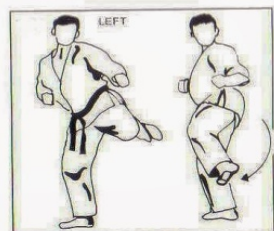
TEISOKU MAWASHI SOTO KE AGE



HAISOKU MAWASHI UCHI KE AGE



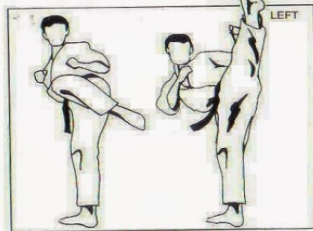
SOKUTO YOKO KE AGE



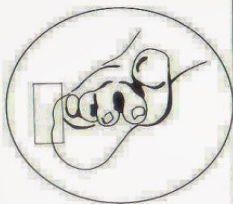
MAWASHI GEDAN GERI CHUSOKU



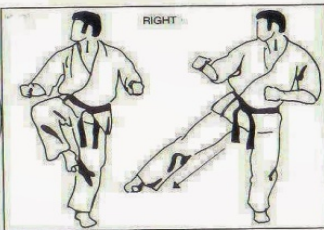
CHUDAN MAWASHI GERI CHUSOKU



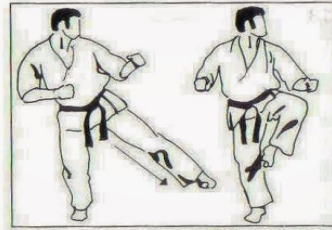
JODAN MAWASHI GERI HAISOKU



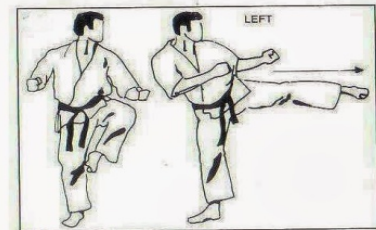
SOKUTO KNIFE FOOT (ASHIGATANA)



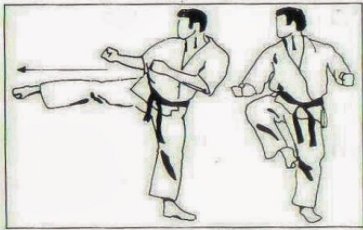
KANSETSU GERI (SOKUTO) TO THE SIDE



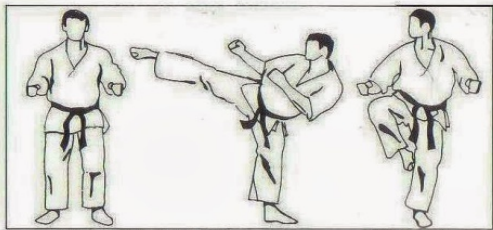
KANSETSU GERI TO THE FRONT (SIDE VIEW)



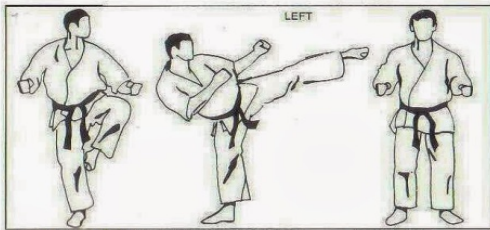
CHUDAN YOKO GERI (SOKUTO) TO THE SIDE



CHUDAN YOKO GERI (SOKUTO) TO THE FRONT (SIDE VIEW)



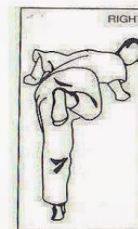
JODAN YOKO GERI TO THE SIDE



JODAN YOKO GERI TO THE FRONT (SIDE VIEW)



USHIRO GERI



KICK



KICK



JODAN USHIRO GERI



SPIN



Return to SANCHIN DACHI

