

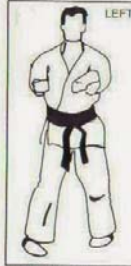
THE 17 HAND TECHNIQUE EXERCISE



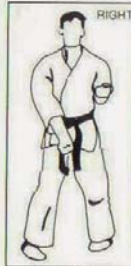
SEIKEN (FOREFIST)
Strike with the first 2 knuckles



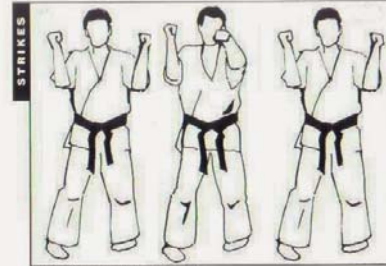
SEIKEN OI TSUKI JODAN SANCHIN DACHI



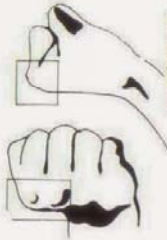
SEIKEN OI TSUKI CHUDAN



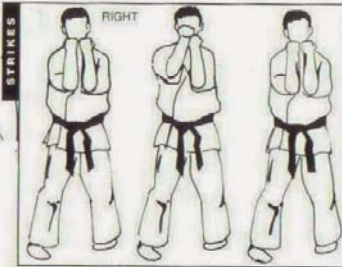
SEIKEN OI TSUKI GEDAN



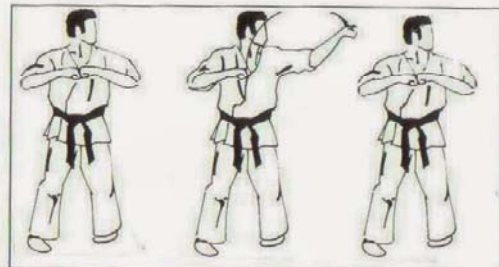
SEIKEN JODAN AGO UCHI



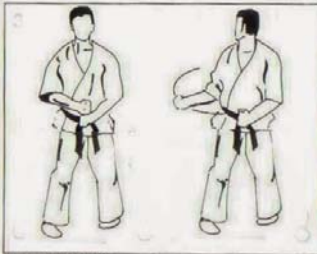
URAIKEN (INVERTED FIST)
Strike with the first 2 knuckles



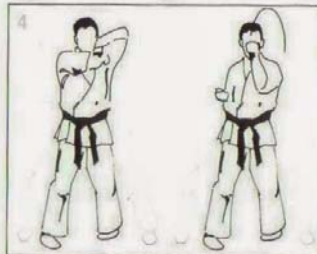
URAIKEN GANMEN UCHI



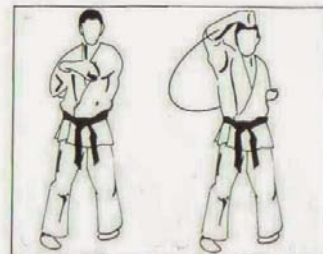
URAIKEN SAYU GANMEN UCHI



URAIKEN HIZO UCHI



URAIKEN OROSHI GANMEN UCHI



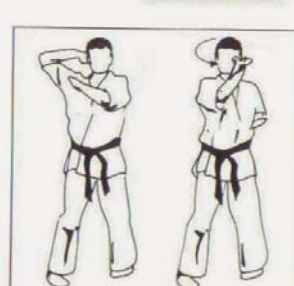
URAIKEN MAWASHI UCHI



Shuto
Tegatana or
Knife Hand



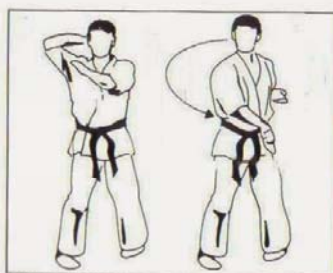
SHUTO SAKOTSU UCHI



SHUTO YOKOI GANMEN UCHI



SHUTO UCHI KOMI



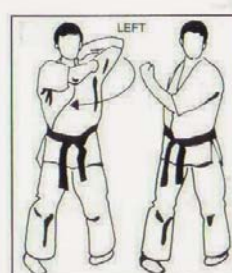
SHUTO HIZO UCHI



SEIKEN JODAN UKE



SEIKEN CHUDAN UCHI UKE



SEIKEN CHUDAN SOTO UKE



SEIKEN MAE GEDAN BARAI



SANCHIN DACHI

