



SEIKEN JODAN
UKE



MAE GEDAN
BARAI



SEIKEN SOTO
UKE



SEIKEN UCHI
UKE



MOROTE CHUDAN
UKE



UCHI UKE
GEDAN BARAI



SEIKEN MAWASHI
GEDAN BARAI



SEIKEN JUJI UKE
JODAN



SEIKEN JUJI UKE
GEDAN



SHOTEI UKE
JODAN



SHOTEI UKE
CHUDAN



SHOTEI UKE
GEDAN



SHUTO MAWASHI
UKE



SHUTO MAE
MAWASHI UKE



SHUTO JODAN
UKE



SHUTO CHUDAN
UCHI UKE



SHUTO CHUDAN
SOTO UKE



SHUTO MAE
GEDAN BARAI



SHUTO JUJI
UKE JODAN



SHUTO JUJI
UKE GEDAN



KOKEN UKE
JODAN



KOKEN UKE
CHUDAN



KOKEN UKE
GEDAN



OSAI UKE



HAISHO UCHI
CHUDAN



HAISHO UCHI
JODAN



KAKE UKE
JODAN



KAKE UKE
CHUDAN



CHUDAN HAITO
UCHI UKE



MOROTE
KAKE UKE



GEDAN SHUTO
MOROTE UKE



HIJI UKE



GEDAN SHOTEI
MOROTE UKE