



Kama Kihon



Rei



Kamae



Hiraki uke



Kamae



Gedan uke



Gyaku gedan uke



Maki otoshi



Naname uke



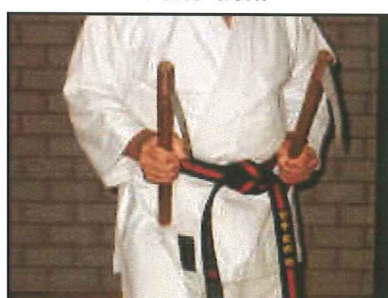
Yoko uchi



Jodan uchi



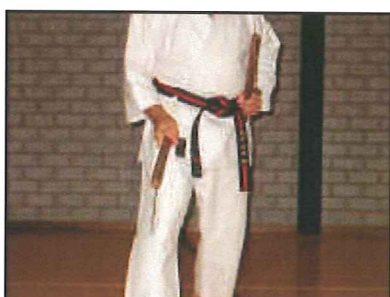
Hiki kiri



Close up detail



Tsuki



Change grip detail



Furiage kiri



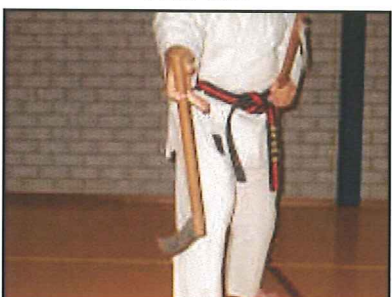
Uchi uke



Soto yoko geri



Uchi yoko geri



Change grip detail



Morote jodan uchi



Naore



Rei