



Shuji no kon dai



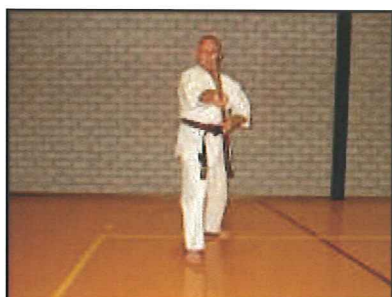
Rei



Kamae



Kamae



Jodan uchi



Ushiro tsuki



Mae de tsuki



Gedan uke



Gedan tsuki



Mamori



Mamori



Jodan uchi



Soto uke



Gedan uke



Gedan tsuki



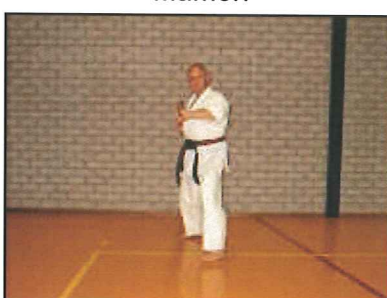
Mamori



Jodan uchi



Soto uke



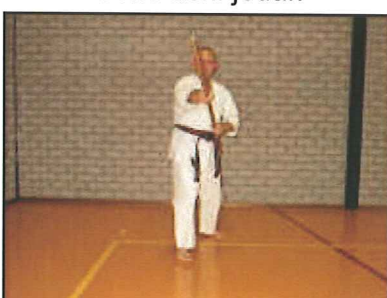
Yoko uchi jodan



Yoko uchi chudan



Mamori



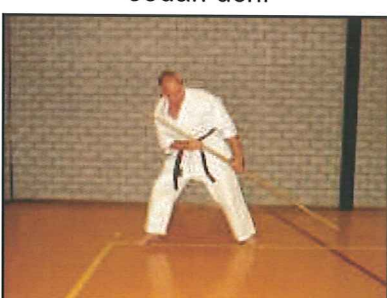
Jodan uchi



Soto uke



Gedan uke



Gedan tsuki



Mamori



Jodan uchi



Soto uke



Kamae gedan uke



Gedan uke



Gedan tsuki



Mamori



Jodan uchi



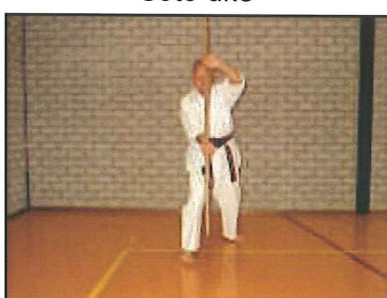
Soto uke



Gedan uke



Gedan tsuki



Mamori



Jodan uchi



Nuki tsuki



Na opspringen soto uke



Soto uke



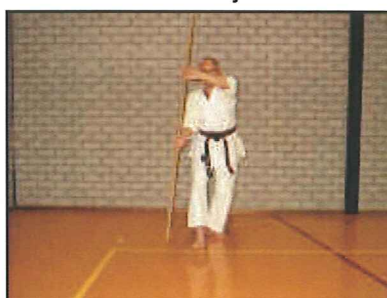
Yoko uchi jodan



Tsuri ashi



Yoko uchi chudan



Hikake uke



Jodan uchi



Soto uke



Voorste been terug stappen



Jodan uke



Gedan uke



Gedan ura uchi



Harai uke



Jodan uchi



Furiage uchi



Langs rechter zij Jodan uchi



Nuki tsuki



Soto uke



Waki kamae



Naore