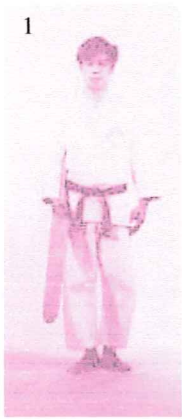
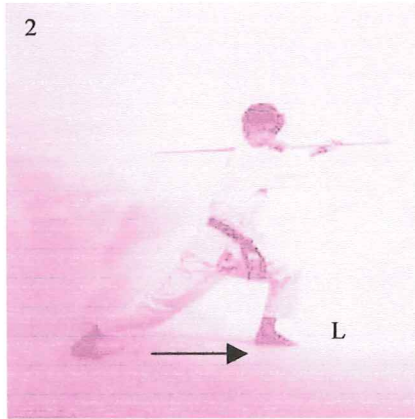


Kata Tsukensunakake (1-4)



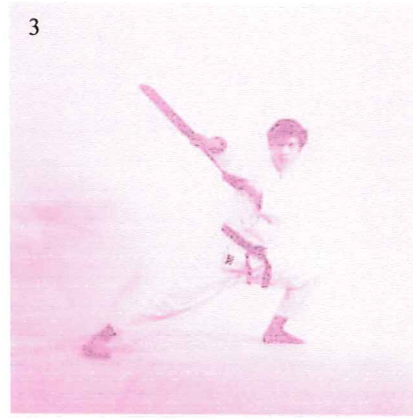
1

Rei



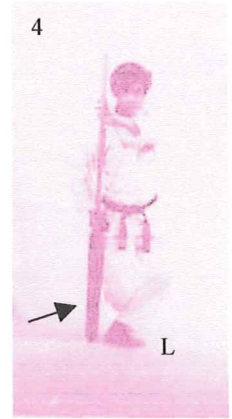
2

L uitstap kamae voor ura uchi



3

Ura uchi



4

Ippon-dachi



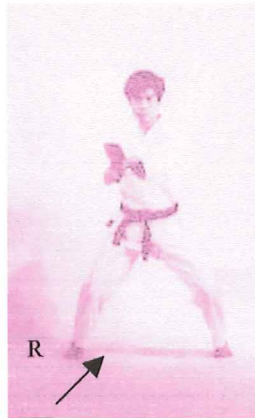
5

Schepbeweging



6

meade tsuki + pas



7

Yoko-uchi g.v. L=>R



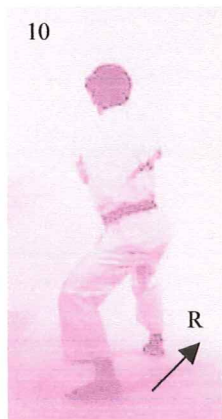
8

Yoko-uchi g.v. R=>L



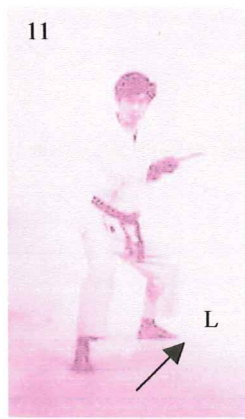
9

Sukui-uke



10

Ura uchi



11

Yoko-uchi R=>L



12

R verp Yoko-uchi
L=>R



13

Meade-tsuki



14

Yoko-uchi R=>L



15

Meade-tsuki



16

o.d.p. ged. ura uke



17

Jodan uchi



18

Ippon-dachi



19

Schepbeweging



20

meade tsuki + pas



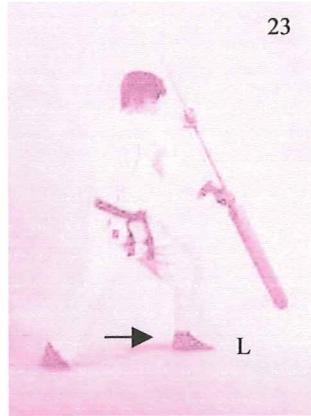
21

g.v. Sukui-uke

Kata Tsukensunakake (2-4)



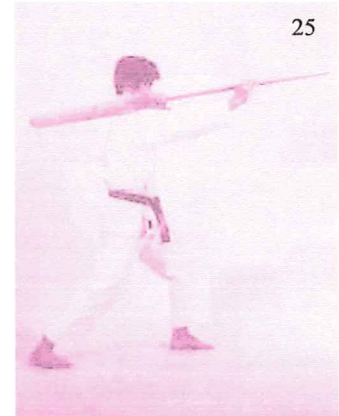
ura gedan uke ippondachi



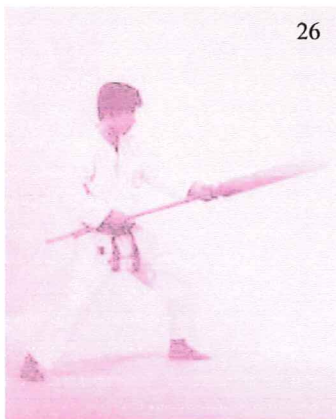
Mamori



Jodan-uchi



Furiage-uchi



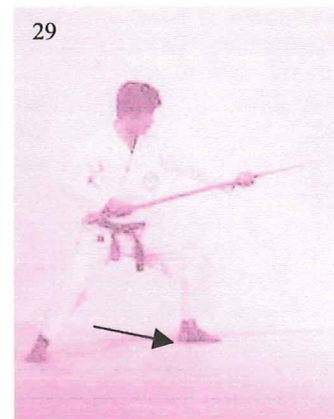
Jodan-uchi



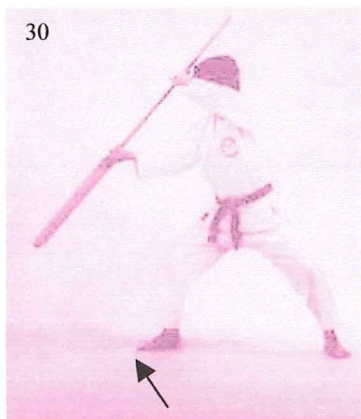
Ippon-dachi



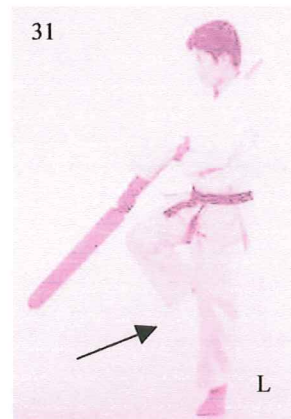
schepbeweging



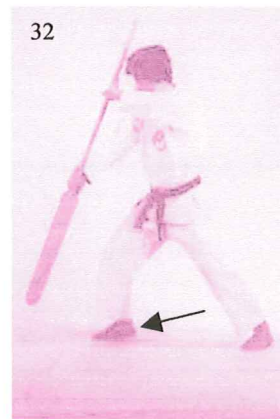
Meade tsuki



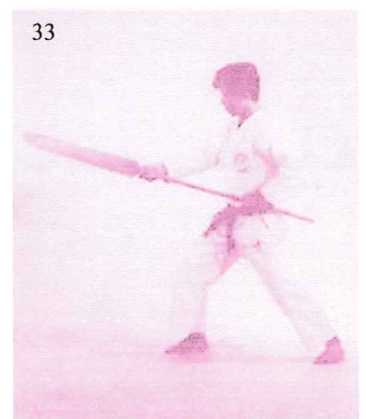
g.v. Sukui-uke



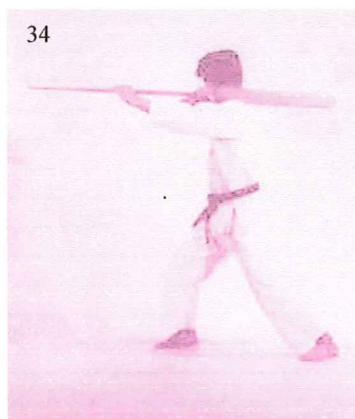
ura gedan uke ippondachi



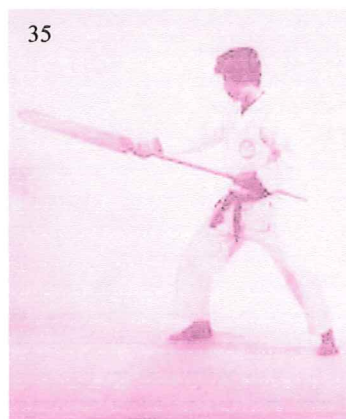
Mamori



Jodan-uchi



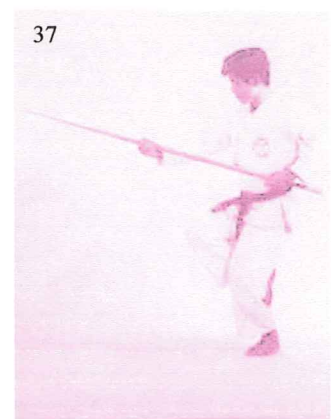
Furiage-uchi



Jodan-uchi

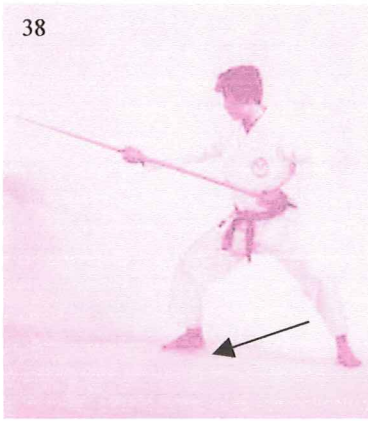


Ippon-dachi



schepbeweging

Kata Tsukensunakake (3-4)



Meade tsuki



Sukui-uke



Ura-uchi



Stap g.v. L-om 2 x om de as



ura-uchi jodan



g.v. ged Ura-uchi



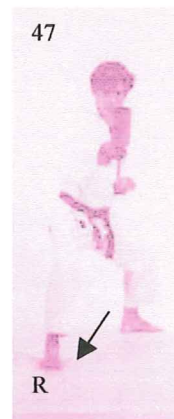
Jodan-uchi



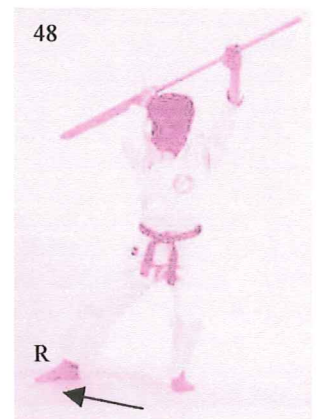
Ippon-dachi



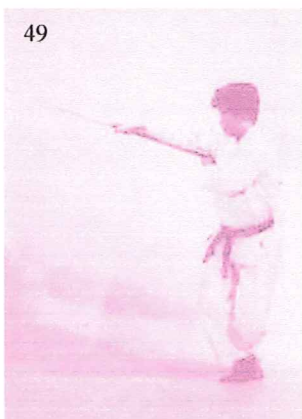
schepbeweging



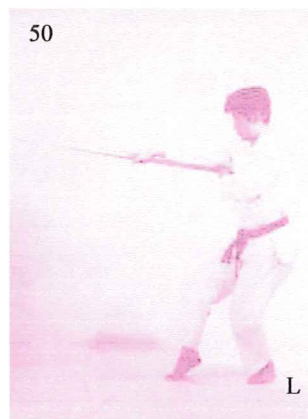
Meade tsuki



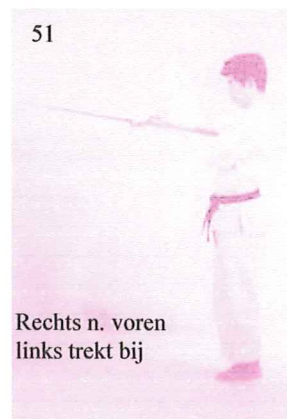
Sukui-uke



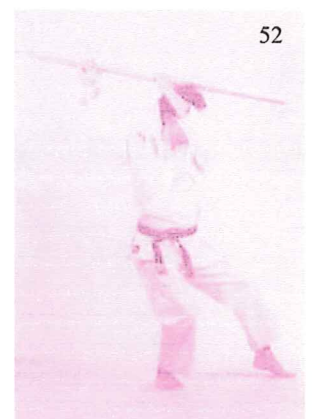
ura-uchi jodan



2 x circ linkszij achter stoppen



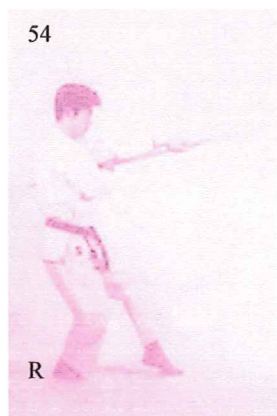
ura-uchi jodan



g.v. Sukui-uke



ura-uchi jodan



2 x circ rechtszij achter stoppen



ura-uchi jodan



g.v. ura-uchi gedan



Vorb. yoko-uchi

Kata Tsukensunakake (4-4)



Yoko-uchi



kamae



Sukui-uke



Ura-uchi



Yoko-uchi



kamae



kruispas



Nuki-tsuki



Tsuki terug



Meade tsuki



Voorb. Yoko uchi



R, L doorst 180 gr
Yoko uchi



Sukui-uke



Zie punt 49



Zie punt 50



Zie punt 51



Jodan uchi



kamae



kamae



voet bijhalen



Rei