



**SEIKEN (FOREFIST)**  
Strike with the first 2 knuckles



**SEIKEN OI TSUKI JODAN SANCHIN DACHI**



**SEIKEN OI TSUKI CHUDAN**



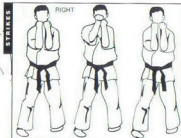
**SEIKEN OI TSUKI GEDAN**



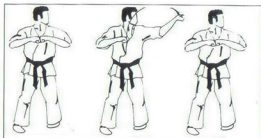
**SEIKEN JODAN AGO UCHI**



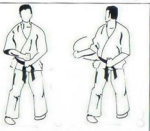
**URAKEN (INVERTED FIST)**  
Strike with the first 2 knuckles



**URAKEN GANMEN UCHI**



**URAKEN SAYU GANMEN UCHI**



**URAKEN HIZO UCHI**



**URAKEN OROSHI GANMEN UCHI**



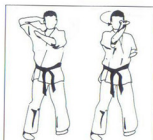
**URAKEN MAWASHI UCHI**



**Shuto**  
Tegata or  
Knife Hand



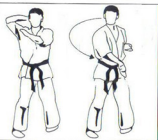
**SHUTO SAKOTSU UCHI**



**SHUTO YOKO 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**

極真會