



HIZA GAMMEN GERI FROM SANCHIN DACHI
MAWASHI HIZA GERI
KIN GERI



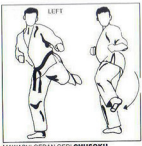
KICKS
CHUSOKU
Ball of the foot



CHUDAN MAE GERI CHUSOKU
JODAN MAE GERI CHUSOKU



KICKS
MAE CHUSOKU KE AGE
TEISOKU MAWASHI SOTO KE AGE
HAISOKU MAWASHI UCHI KE AGE
SOKUTO YOKO KE AGE



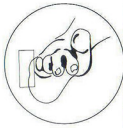
MAWASHI GEDAN GERI CHUSOKU



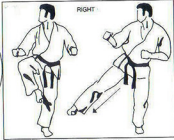
CHUDAN MAWASHI GERI CHUSOKU



JODAN MAWASHI GERI HAISOKU



SOKUTO KNIFE FOOT (ASHIGATANA)



KANSETSU GERI (SOKUTO) TO THE SIDE



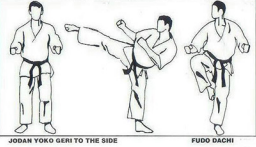
KANSETSU GERI TO THE FRONT (SIDE VIEW)



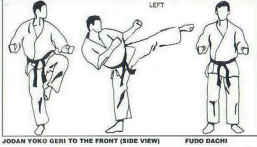
CHUDAN YOKO GERI (SOKUTO) TO THE SIDE



CHUDAN YOKO GERI (SOKUTO) TO THE FRONT (SIDE VIEW)



JODAN YOKO GERI TO THE SIDE
FUDDO DACHI



JODAN YOKO GERI TO THE FRONT (SIDE VIEW)
FUDDO DACHI



USHIRO GERI



KICK



KICK



JODAN USHIRO GERI



SPIN



Return to SANCHIN DACHI

極真流