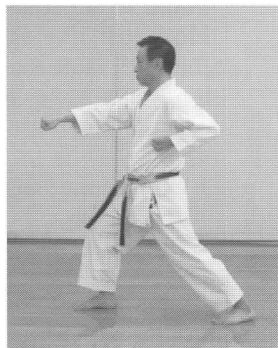
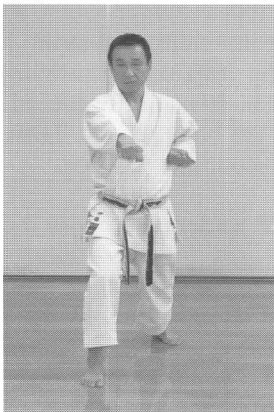


【Junzuki】

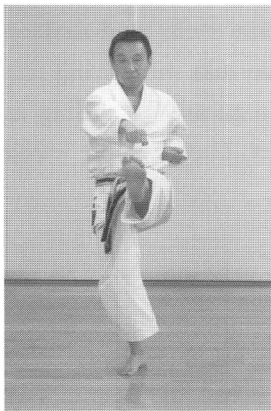


From Zenkutsu-dachi, take a step forward, and strike a blow with a fist.

<Note>

- Don't open a foot before moving a step forward. Move forward with the body and strike a blow with bodily strength.
- Move a hind foot forward on a straight line.
- Moving forward or backward, always keep the upper body upright.

【Kette Junzuki】



This is a continuous movement of kicking and punching. Give a kick right below the fist just hit out.

<Note>

- Always keep the upper body upright while kicking or punching.
- After kicking, don't strike a continuous blow simply from force of habit.

Basics: Stance, Tsuki, Keri, Uke

【Gyakuzuki】



From standing in Gyakuzuki-dachi, move a step forward and strike a blow.

<Note>

While moving a hind foot forward, let the waist have some play to strike a stronger blow, and make a semi-circle foot movement to accelerate the punching motion.

- Keep the upper body upright while in motion.
- Twist the waist fully, and tighten the inner parts of both thighs.

【Kette Gyakuzuki】

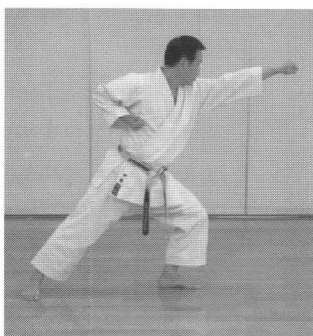
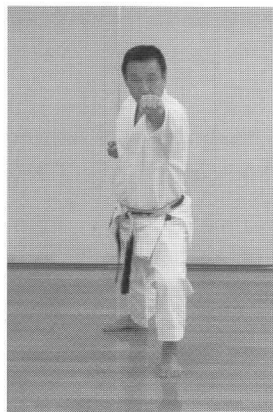


This is a continuous movement of kicking and punching. Give a kick right below the fist just hit out.

<Note>

- Always keep the upper body upright while kicking or punching.
- After kicking, don't strike a continuous blow simply from force of habit.

【Junzuki-no-Tsukkomi】

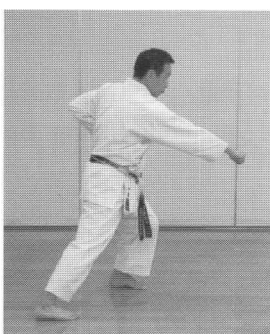
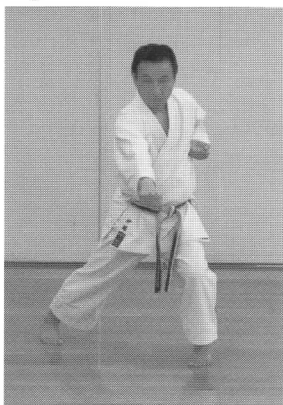


Stand in Junzuki-Tsukkomidachi, and strike a blow just like executing Junzuki. In moving forward, raise the upper body naturally according as the lower half of the body moves. Then, execute invert motion to continue practice.

<Note>

- Don't draw back the shoulder when raise the upper body.
- The hitting posture, from the back of the head to a hind foot, is on a straight line. Strike a blow in an opponent's face.
- As for kicking to add, raise the upper body naturally, and at the same time give a kick.

【Gyakuzuki-No-Tsukkomi】

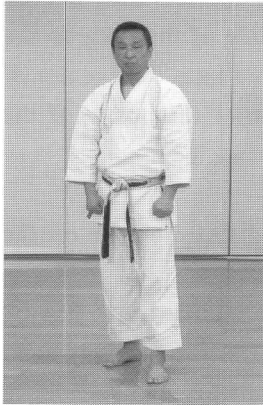


Stand in Gyakuzuki-Tsukkomi-dachi, and strike a blow just like executing gyakuzuki. In moving forward, raise the upper body naturally according as the lower half of body moves. Then execute invert motion to continue practice.

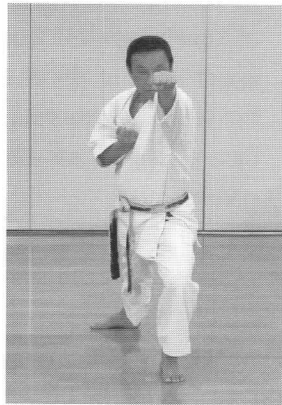
<Note>

- Naturally turn down one's eyes according as the body inclines.
- As for kicking to add, raise the upper body naturally, and at the same time, give a kick.

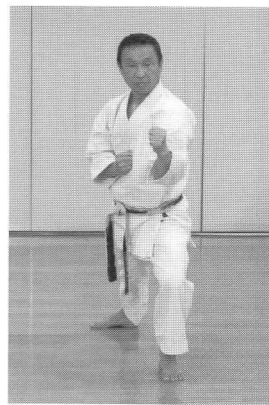
[TOBIKOMI-ZUKI]
Ready



No.1



No.2

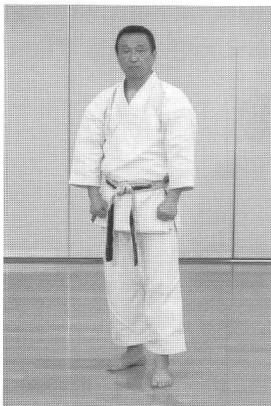


Stand in Hanmi-Dachi at the beginning, and then jump forward on both legs, having a good spring to a hind leg. At the same time as standing in Junzuki-Tsukkomi stance, strike a blow in an opponent's face. After striking, the palms of both fists face each other in Tateken. To restore to the outset ready position, turn the toes of hind foot to the same position as in Hanmi-Dachi. Drawing the forefoot nearer, raise the upper body naturally to stand in Hanmi-Dachi.

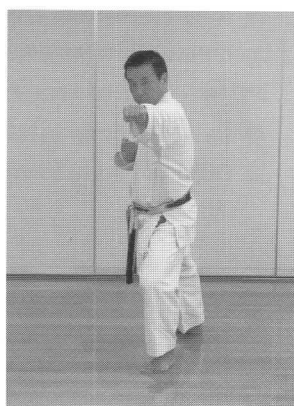
<Note>

- In striking, let the punching fist pass through the center line of the body.
- In striking, hit with twisted SEIKEN, not by un-twisted TATEKEN.

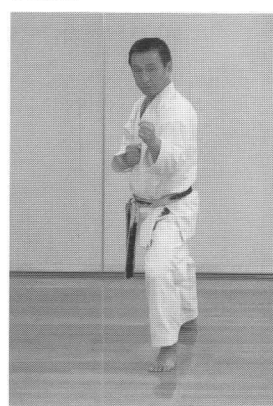
[TOBIKOMI-NAGASHIZUKI]
Ready



No.1



No.2



Strike a blow in the same manner as in TOBIKOMI-ZUKI.

However, eluding from an opponent's attack is added in this technique. In jumping forward, therefore, forefoot lands slightly outsider and foretoes lands turned inward. A hind foot varies as occasion demands, e.g. change of body in direction to dodge.