

Postoje:

Heiko Dači (HD)

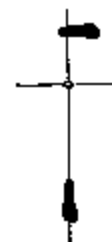
Zenkutsu Dači (ZD)

Kokotsu dači (KkD)

HEIKO DAČI

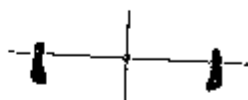
ZENKUTSU DAČI

KOKOTSU DAČI



Kiba Dači (KiD)

KIBA DAČI



Údery:

Ura cuki (nejkratší, loket v „domečku“)

Tate cuki

Oi cuki (= chudan seiken cuki)



URA CUKI



TATE CUKI



OI CUKI

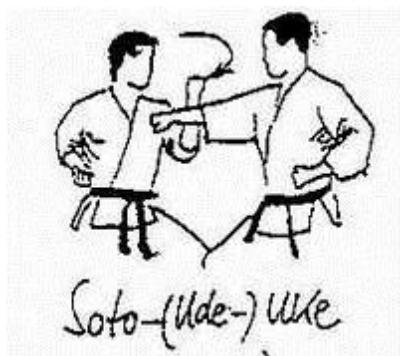
Gyaku cuki (jiná ruka jiná noha)



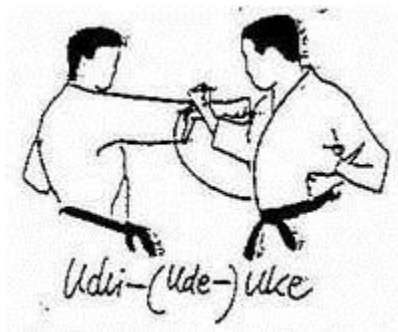
GYAKU CUKI

Kryty:

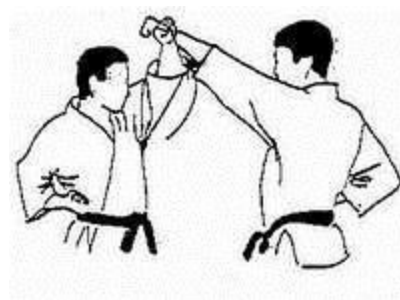
Soto uke



Uči uke



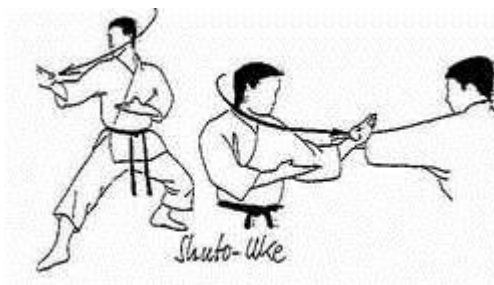
Age uke



Gedan barai



Shuto uke

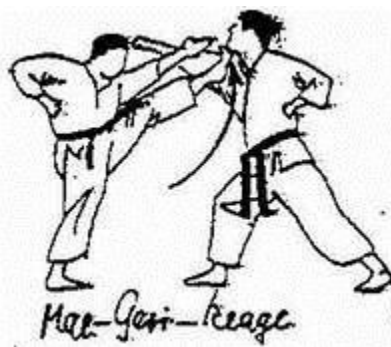


Kopy:

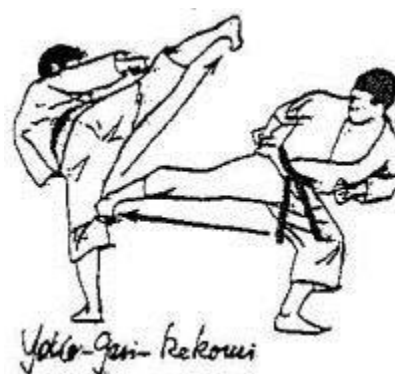
Mae geri (na místě, na střed)



Mae geri (v chůzi, na hlavu)



yoko geri kekomi



Pojmy:

Yame (stop), yoi (připravit), (ha)jime (start), seiza (sed na patách), mokuso (meditace), hikite (domeček), kiai (výkřik), jodan (hlava), chudan (střed, hrudník), gedan (dolů, břicho)