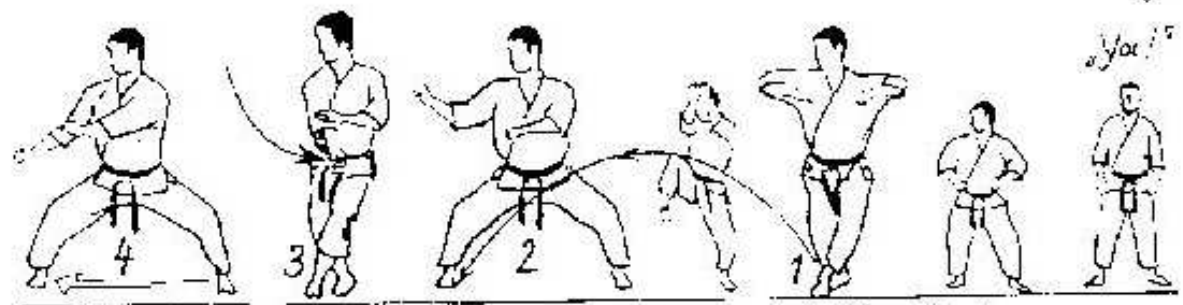
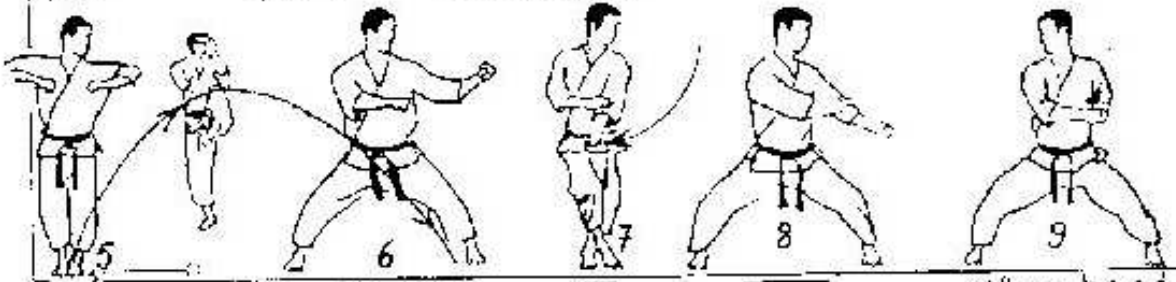


Jekki Nidan (Nr 2)

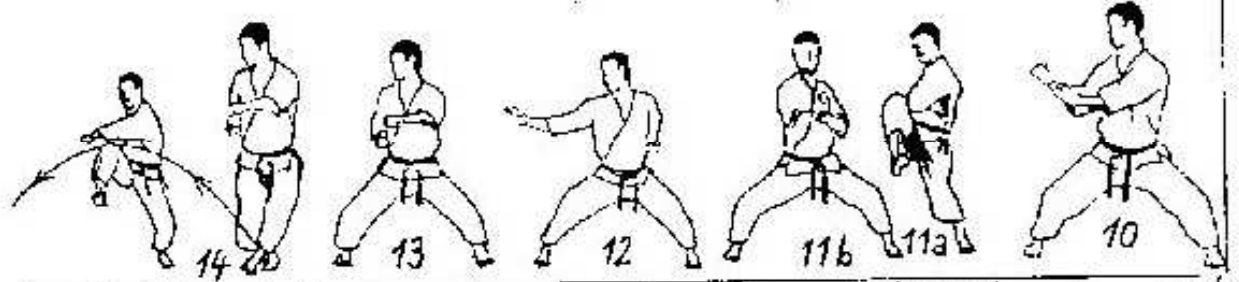
Start



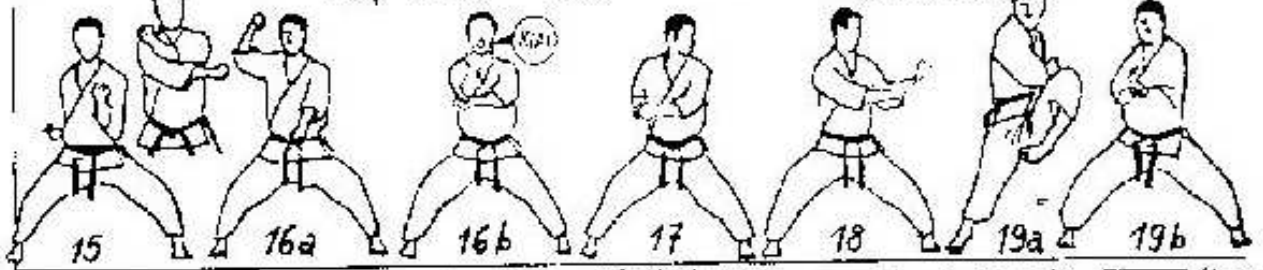
gedan-uke gedan-uke chudan-uke Fumikomi Sakta rörelse



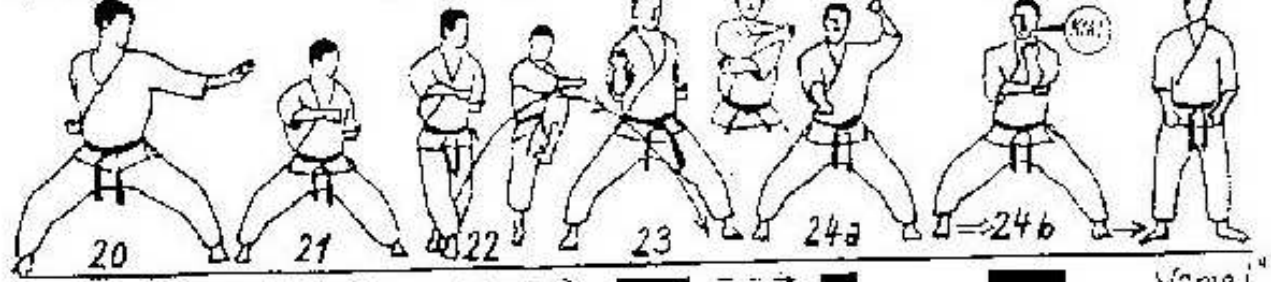
Saketa - snabb chudan-uke gedan-uke gedan-uke Höger hand till vänster sida



Kagi-tsuki Tsukami-uke Mac-emp Höger hand nedhållen i vänster hand Uchi-uke



Uchi-uke Ura-tsuki vänster hand till höger vänster hand till höger Mac-emp



Tsukami-uke Kagi-tsuki Uchi-uke Ura-tsuki yame!

Katan tar ca 30 sekunder!

■ = direkt till nästa teknikk ■ = kort paus