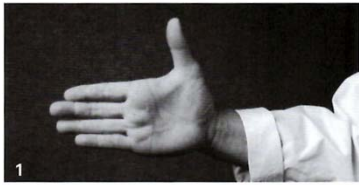




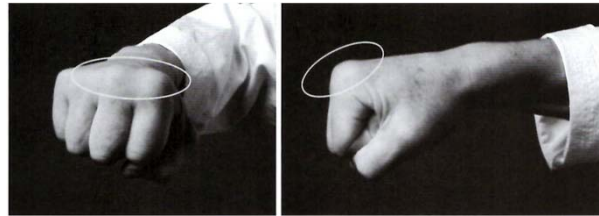
HÅND OG ARM



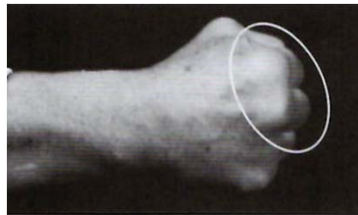
SÅDAN KNYTTER DU HÅNDEN



HÅND OG ARM



SEIKEN



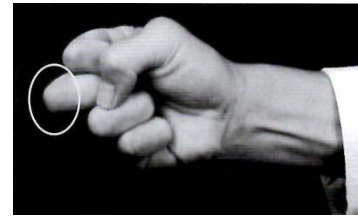
URAKEN



TETTSUI



IPPON-KEN



NAKADAKA IPPON-KEN



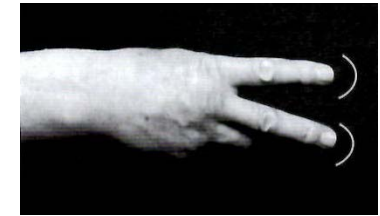
HIRAKEN



YOKOKEN



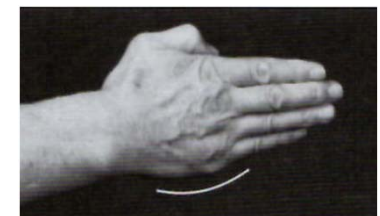
NUKITE



NIHON-NUKITE



IPPON-NUKITE



SHUTO



HAITO



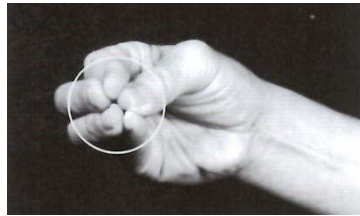
HÅND, ARM, BEN OG FOD



HÅND OG ARM



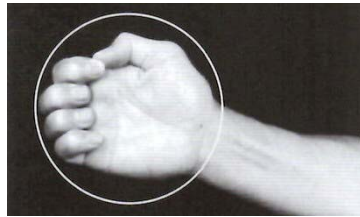
SEIRYUTO



WASHIDE



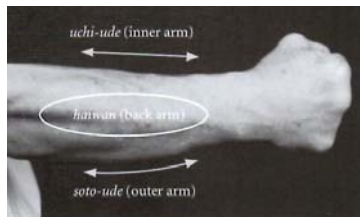
TEISHO



KUMADE



KEITO



UDE (ARM)



KAKUTO



EMPI

BEN OG FOD



HIZA



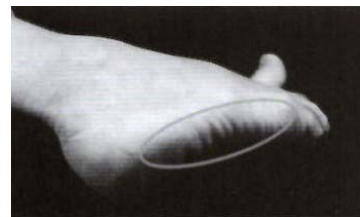
SOKUSO



KOSHI



KAKATO



SOKUTO



SOKUTEI



HAISOKU



STILLINGER



HEISOKU-DACHI



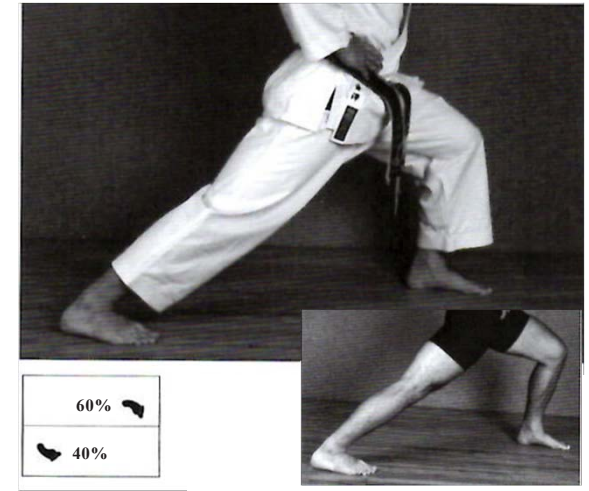
SOTO HACHIJI-DACHI



RENOJI-DACHI



NEKOASHI-DACHI



ZENKUTSUI-DACHI



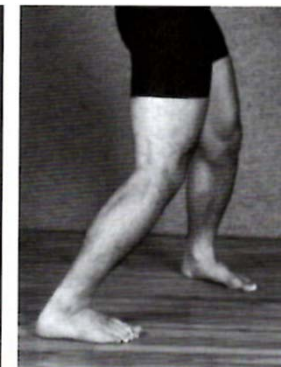
MUSUBI-DACHI



HEIKO-DACHI

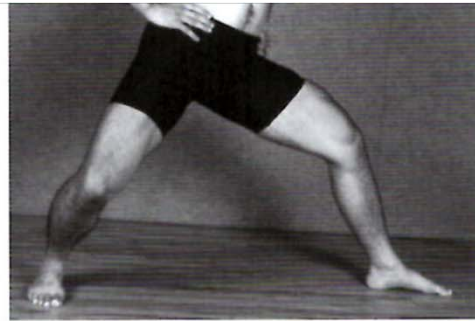
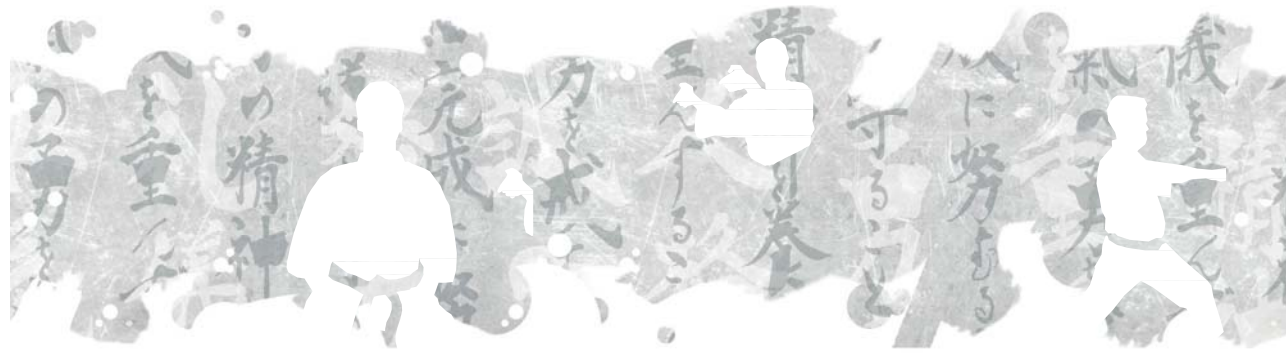


SANCHIN-DACHI

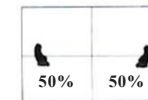




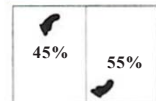
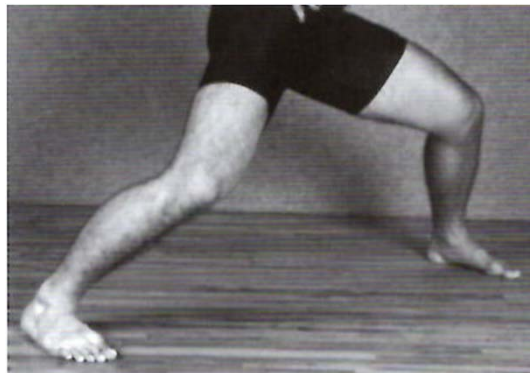
STILLINGER



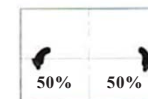
KOKUTSU-DACHI



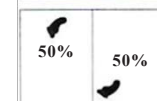
KIBA-DACHI



FUDO-DACHI



SHIKU-DACHI



HANGETSU-DACHI