













Steinmann Dojo

KIHON on 9th KYU

<p>Seiken 7 Techniques</p>	 <p>SANCHIN DACHI</p>	<p>STRIKES</p>	 <p>1 SEIKEN JODAN AGO UCHI right</p>	
<p>Sachin-Dachi Ago-Uchi Gyaku-Tsuki Uchi-Uke Soto-Uke Mae Geri Chusoku</p>	<p>STRIKES</p>	<p>BLOCKS</p>		
 <p>2 SEIKEN GYAKU TSUKI JODAN left</p>	 <p>3 SEIKEN GYAKU TSUKI CHUDAN right</p>	 <p>4 SEIKEN GYAKU TSUKI GEDAN left</p>	 <p>5 SEIKEN CHUDAN UCHI UKE right</p>	 <p>6 SEIKEN CHUDAN SOTO UKE left</p>
 <p>CHUSOKU Ball of the foot</p>	<p>KICKS</p>	 <p>7 CHUDAN MAE GERI CHUSOKU right</p>	 <p>RETURN TO SANCHIN DACHI</p>	