



Úderové plochy



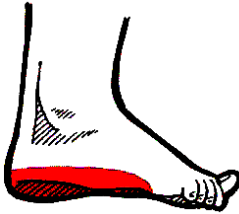
seiken



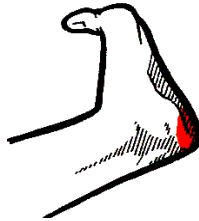
nukite



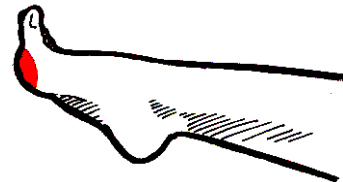
šuto



sokuto



kakato



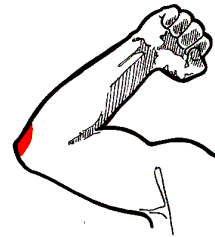
koši



haisoku



hiza

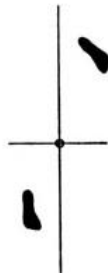


empi

Postoje



Zenkucsu dači



Kiba dači



Kokutsu dači



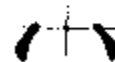
Musubi-dači



Hačiži-dači



Heisoku-dači





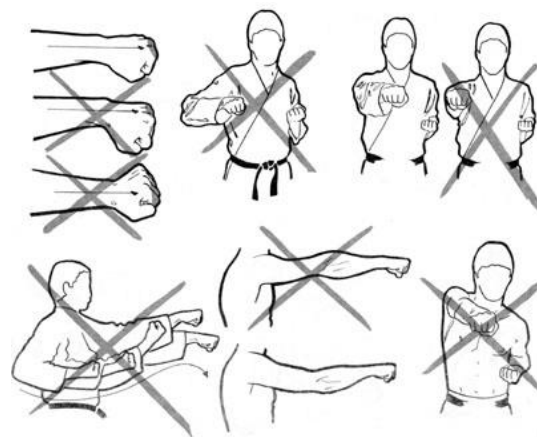
Údery



Gjaku-cuki



Oi-cuki



Nejčastější chyby

Kryty



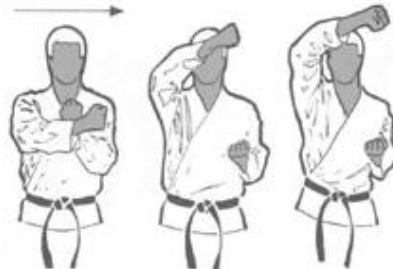
Shuto-uke



Uchi-uke



Soto-uke

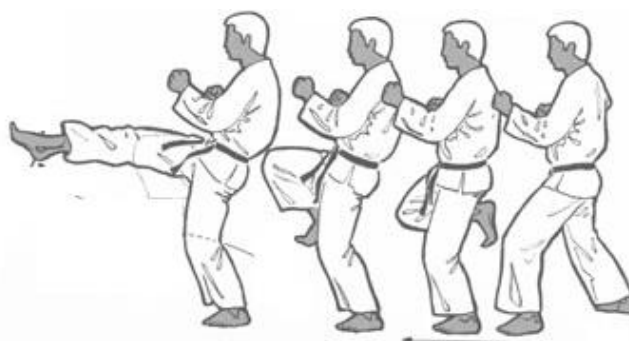


Age-uke

Kopy



Mavaši-geri



Mae-geri



Yoko-geri



Vázání pásku

