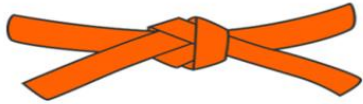


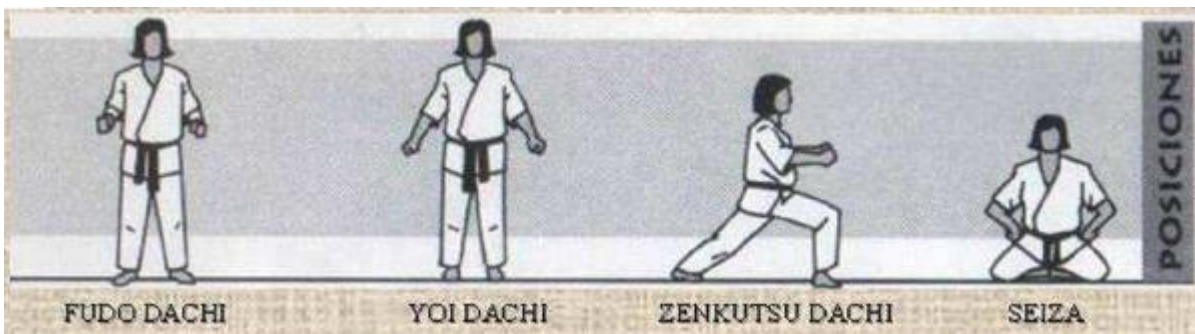
## Técnicas 10° Kyu

por admin | Ene 2, 2020 | Kyokushin para karatekas | 0 Comentarios



Cinturón naranja

### Posiciones – *Dachi*



### Golpes de puño – *Tsuki*



**SEIKEN OI TSUKI  
JODAN**



**SEIKEN OI TSUKI  
TSUDAN**



**SEIKEN OI TSUKI  
GEDAN**



**MOROTE TSUKI  
JODAN**



**MOROTE TSUKI  
TSUDAN**



**MOROTE TSUKI  
GEDAN**

Blocajes – Uke



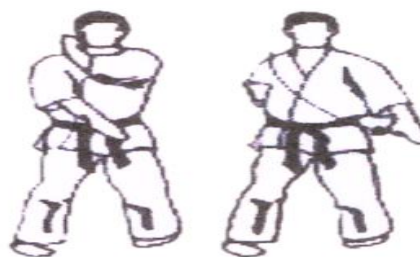
**SEIKEN JODAN UKE**



**SHUTO JODAN UKE**



**SEIKEN MAE GEDAN BARAI**



**SHUTO MAE GEDAN BARAI**

Golpes de pierna – Geri



**HIZA GERI**



**KIN GERI**

Annet: Hvordan folde karate-gi (treningsdress)  
Korrekt bæring av gi-antrekk  
Betydningen av kyokushinkai  
Etikette og oppførsel i dojo