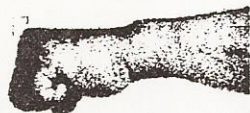


Strikes

Uke



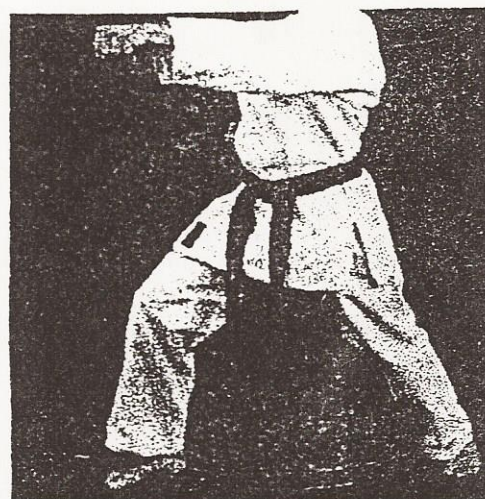
Forefist / Sieken



Backfist / Uraken



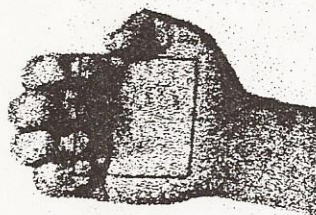
Straight Punch / Chuka Tsuki



Reverse Punch / Gyaka Tsuki



Hammerfist
Kentsuki Uchi



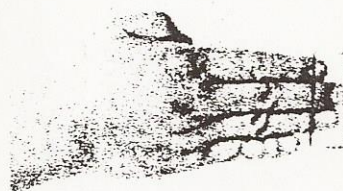
Bears Paw / Kumade



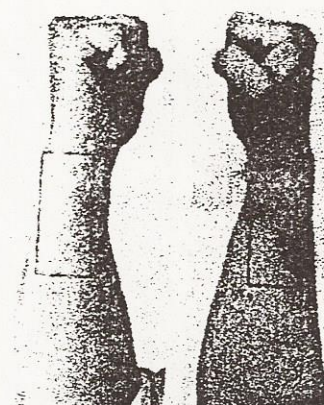
Elbow / Empi



knifehand / shuto



Speahand / nukite



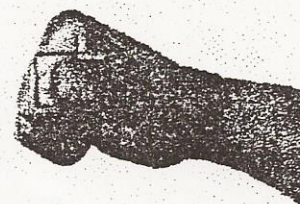
forearm / ude



Ridgehand / Heato



One knuckle / ippon ken



One knuckle / ippon ken