

# KIHON GEIKO 極真会館 師範永田弘栄

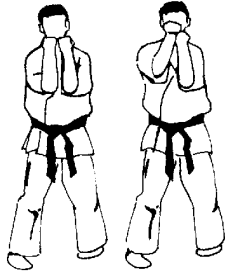
DESIGN BY SHIHAN JOSÉ KOEI NAGATA



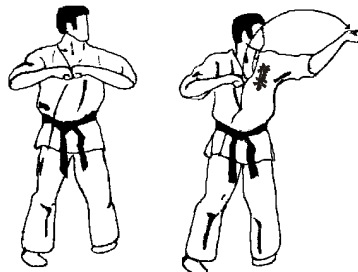
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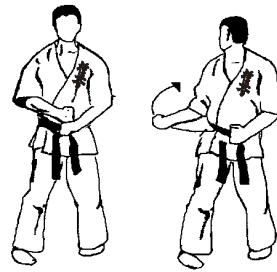
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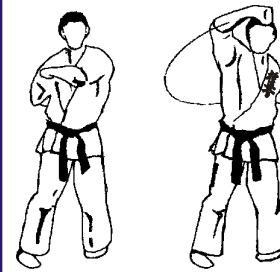
URAKEN SHOMEN UCHI



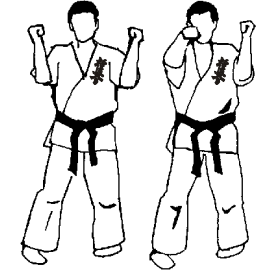
URAKEN SAYU UCHI



URAKEN HIZO UCHI



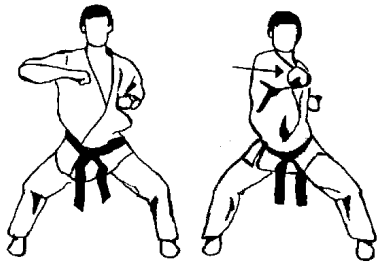
URAKEN MAWASHI UCHI



SEIKEN AGO UCHI



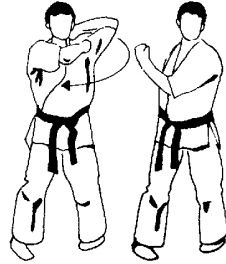
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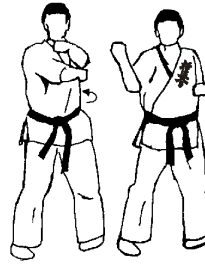
HIJI UCHI - HIJI JODAN ATE



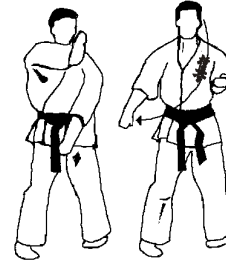
SEIKEN JODAN UKE



SEIKEN CHUDAN SOTO UKE



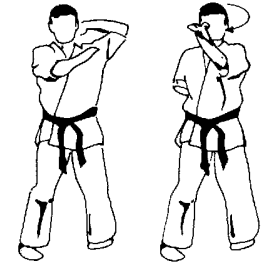
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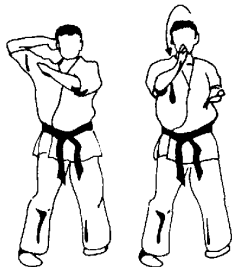
SEIKEN GEDAN BARAI



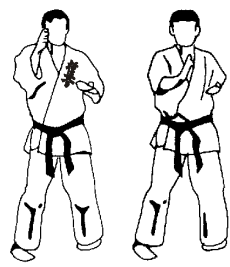
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GEDAN BARAI



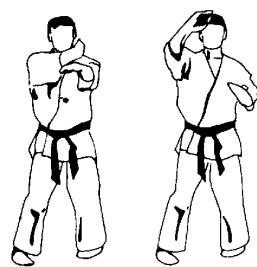
SHUTO GAMEN UCHI



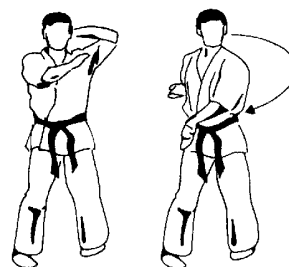
SHUTO SAKOTSU UCHI



SHUTO SAKOTSU UCHIKOMI



SHUTO UCHI UCHI



SHUTO HIZO UCHI



MAE KEAGE GERI



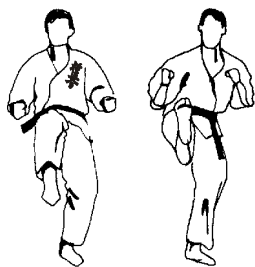
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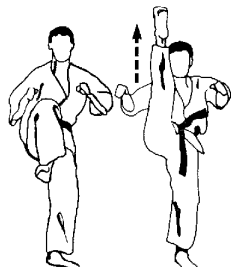
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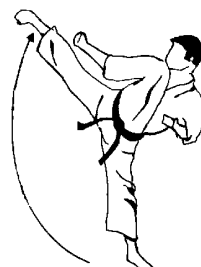
KIN GERI



MAE GERI



MAWASHI GERI



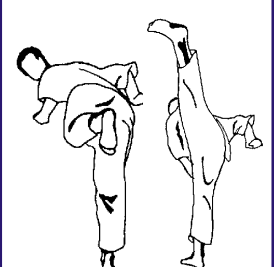
YOKO KEAGE GERI



YOKO GERI



KANSETSU GERI



USHIRO GERI