

Karateøvelser

Slag - Tsuki

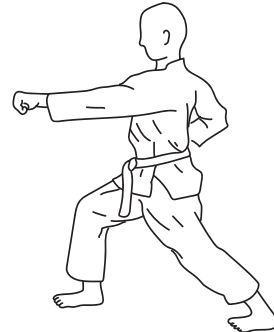
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Lige slag
Choku Zuki

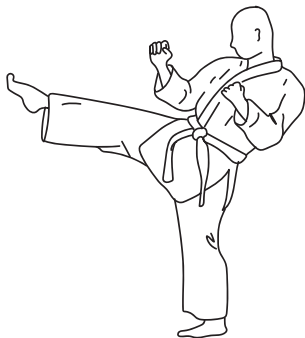


Fremadgående slag
Oi Zuki



Modsat slag
Gyaku Zuki

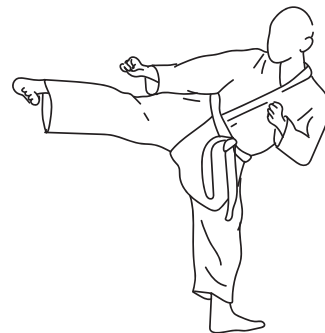
Spark - Geri



Frontspark
Mae geri



Cirkelspark
Mawashi Geri



Sidespark
Yoko Geri

Blokeringer - Uke



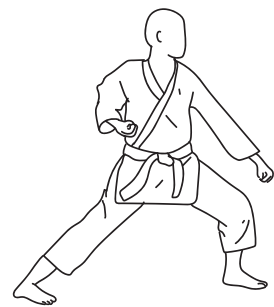
Indadgående blokering
Uchi Uke



Udadgående blokering
Soto Uke



Opadgående blokering
Age Uke



Nedadgående blokering
Gedan Barai