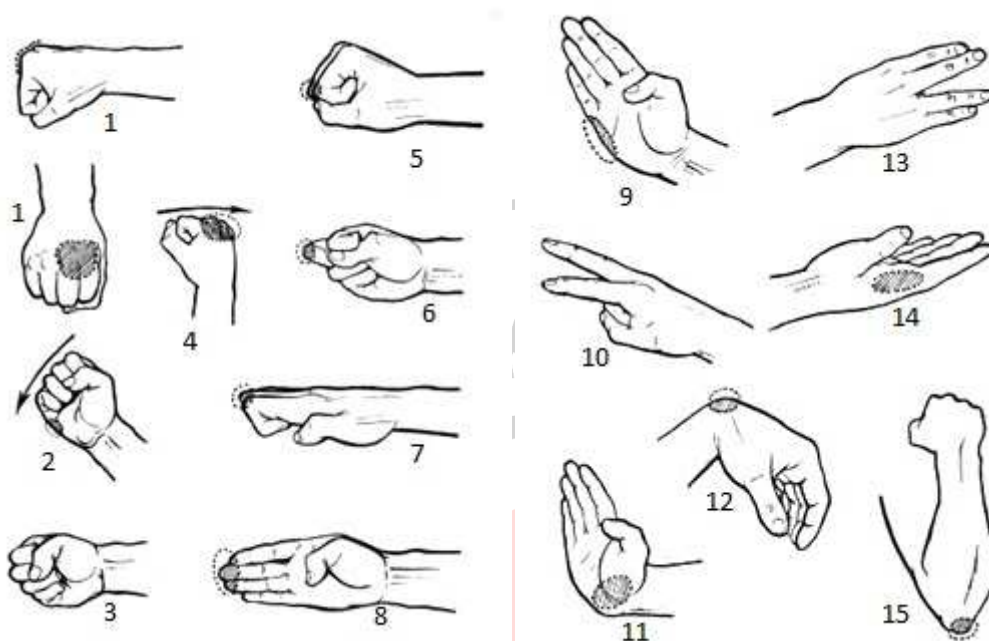


Oversikt over arm og fot



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|------------|----------------------|----------------------|------------------|
| 1. Seiken | 5. Hanken | 9. Shuto | 13. Nihon nukite |
| 2. Tetsui | 6. Nakadaka ipponken | 10. Nihon nukite | 14. Haito |
| 3. Tateken | 7. Hiraken | 11. Teisho (shootei) | 15. Empi (hiji) |
| 4. Uraken | 8. Yonhon nukite | 12. Koken | |

