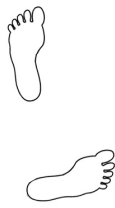
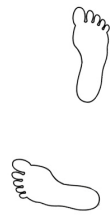


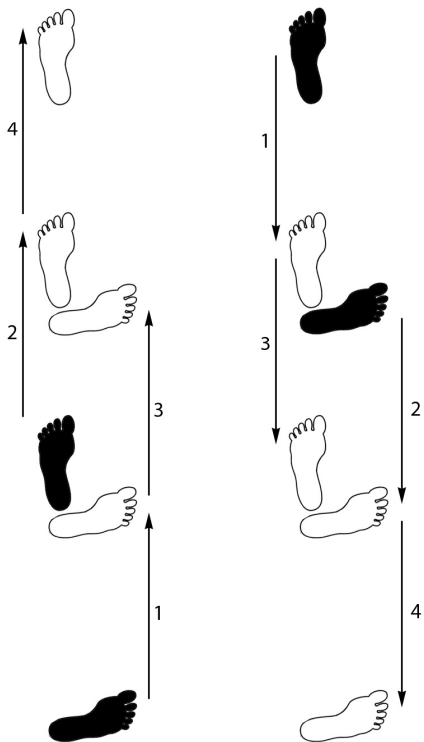
Hidari-hanmi (kamae) - lijevi stav



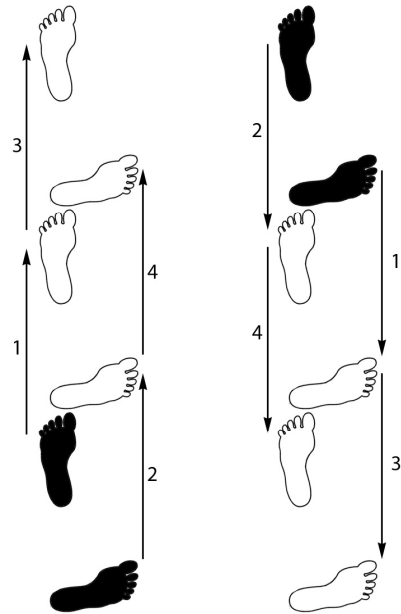
Migi-hanmi (kamae) - desni stav



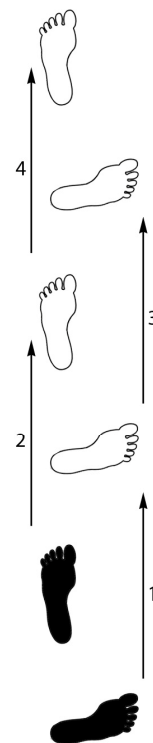
Okuri-ashi
široki stav - kretanje sa stražnjom nogom
(suprotno kod kretanja unazad)



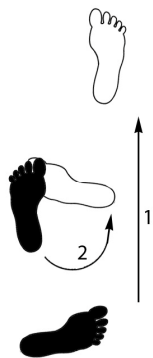
Tsugi-ashi
normalni stav - kretanje s prednjom nogom
(suprotno kod kretanja unazad)



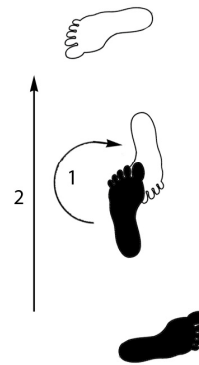
Ayumi-ashi
normalni stav - kretanje sa stražnjom nogom



Irimi - ulazak (korak naprijed)



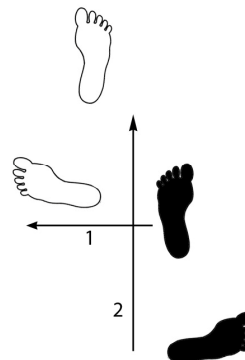
Tenkan - okret oko prednje noge



Kaiten - okret u kukovima



Tenshin - promjena stava (izvan linije napada)



Fumikomi - ulazak (korak naprijed) izvan linije napada

