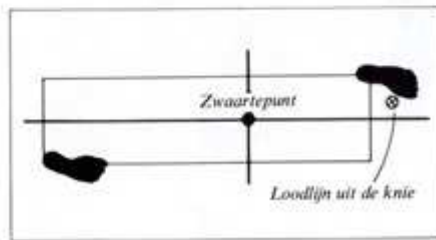
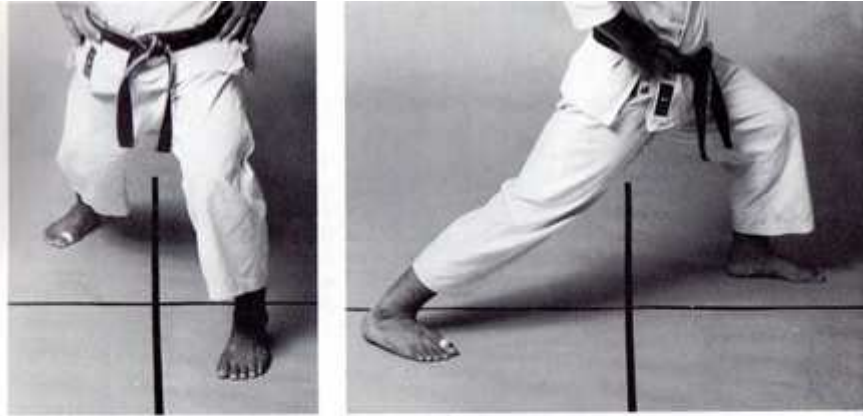
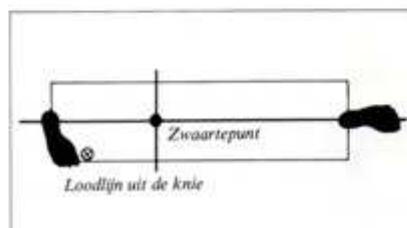
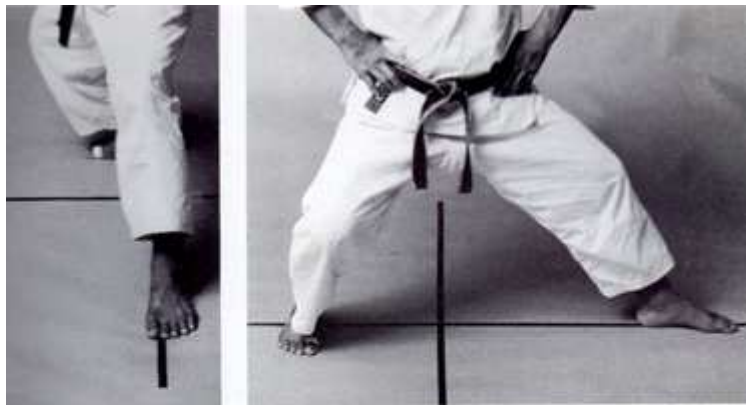


Basistechnieken karate

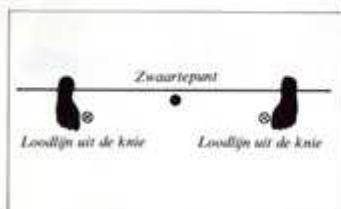
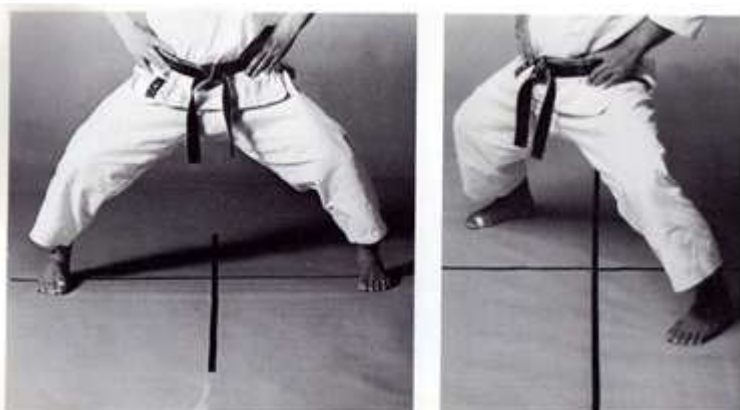
Zenkutsu dachi



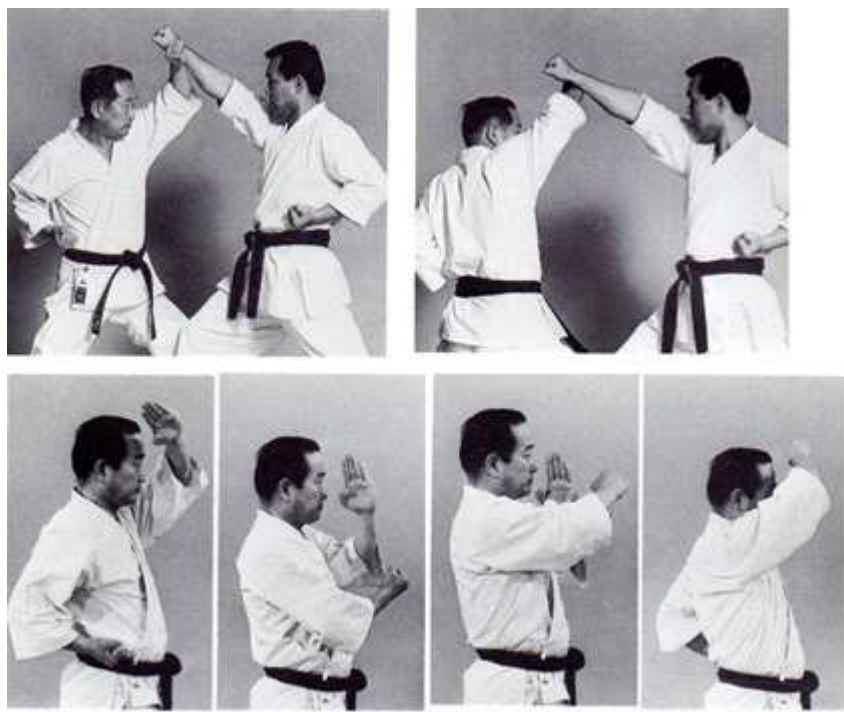
Kokutsu dachi



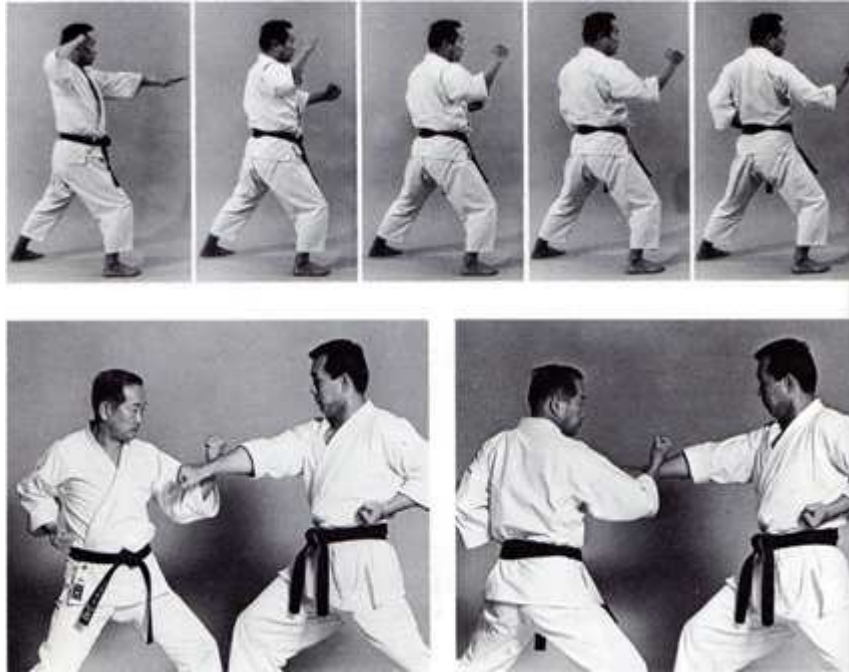
Kiba dachi



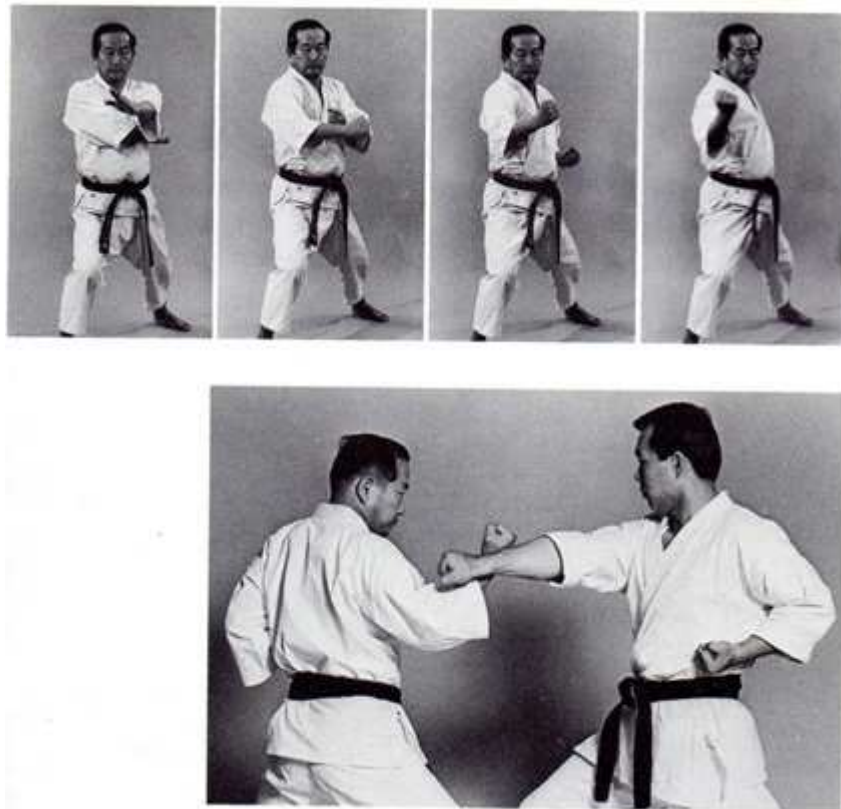
Age uke



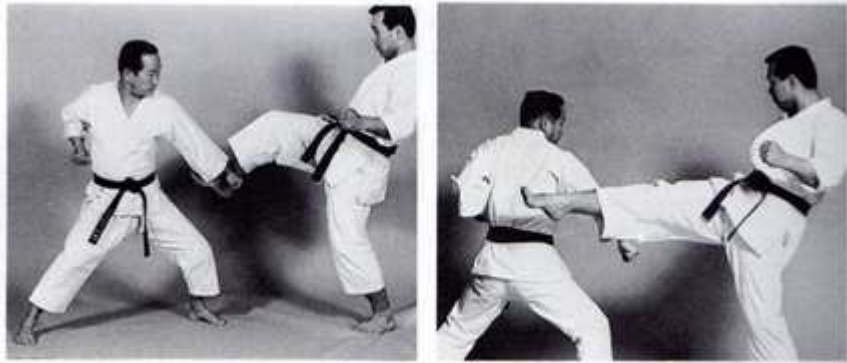
Soto uke



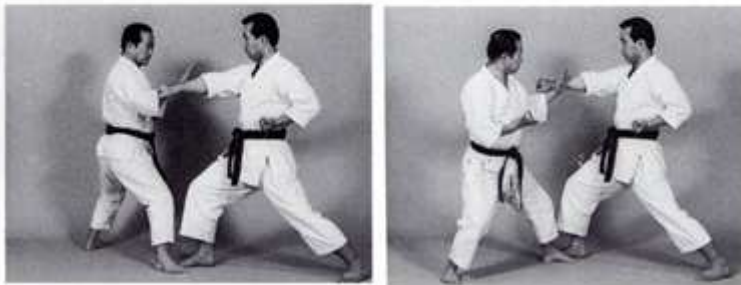
Uchi (ude) uke



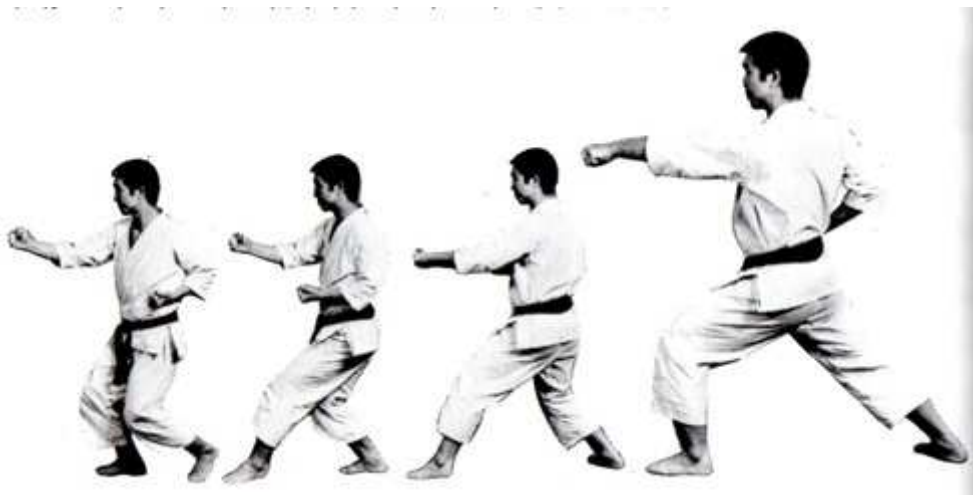
Gedan barai



Shuto uke



Oi zuki



Gyaku zuki



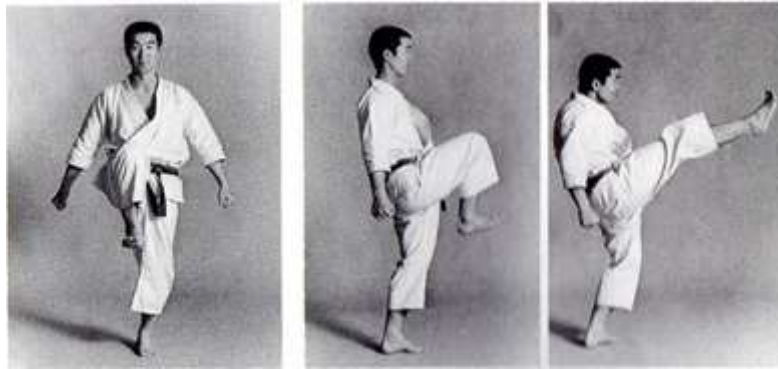
Tetsui



Uraken



Mae geri



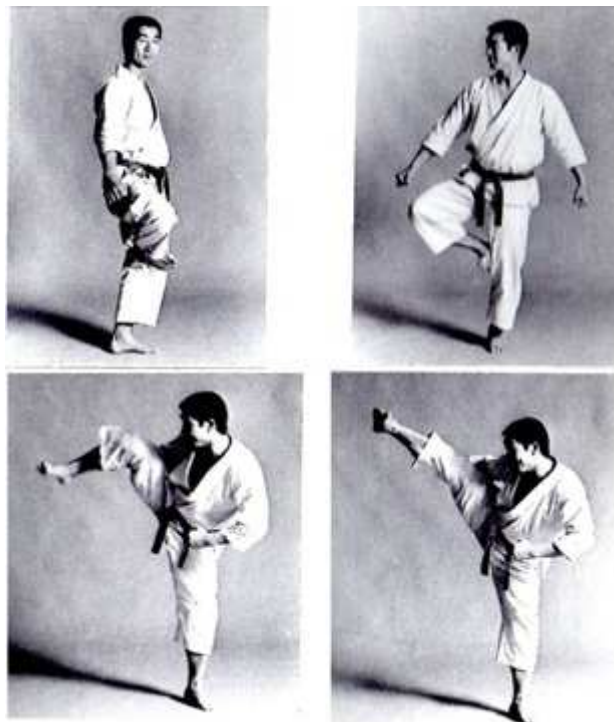
Mawashi geri



Yoko geri kekomi



Yoko geri keage



Ushiro geri

