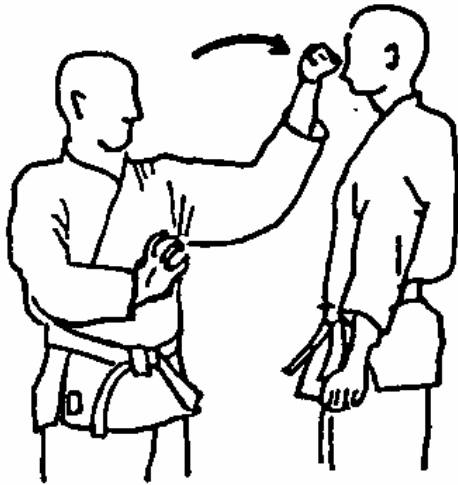
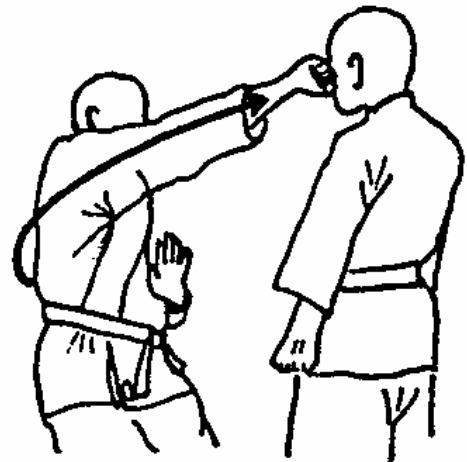


8. Uchi (Kreisbogenschlag) :

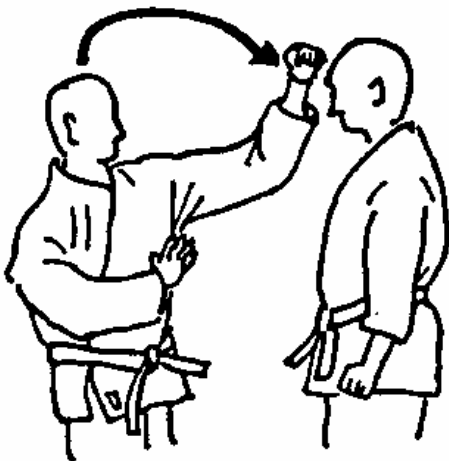
Ura-uchi



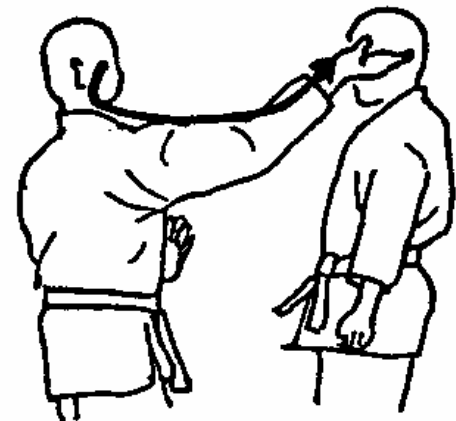
Furi-Uchi



Testui-Uchi



Shuto-Uchi



Haito-Uchi

