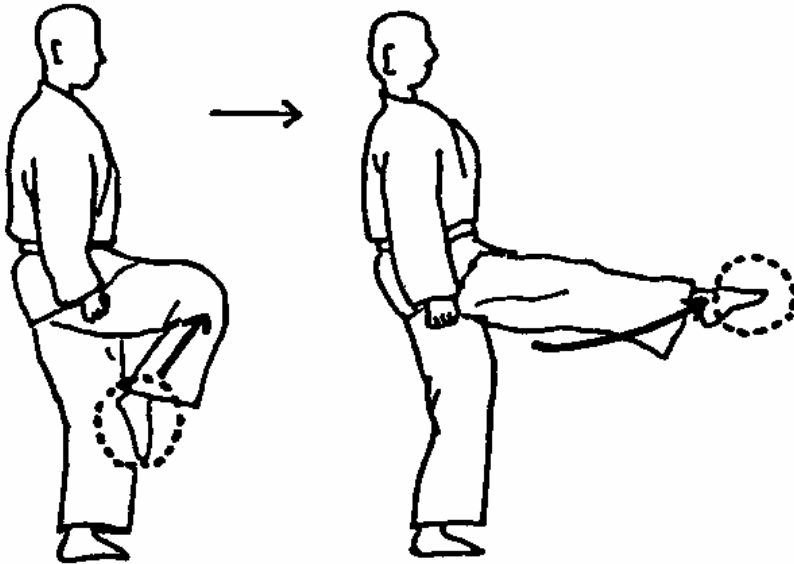
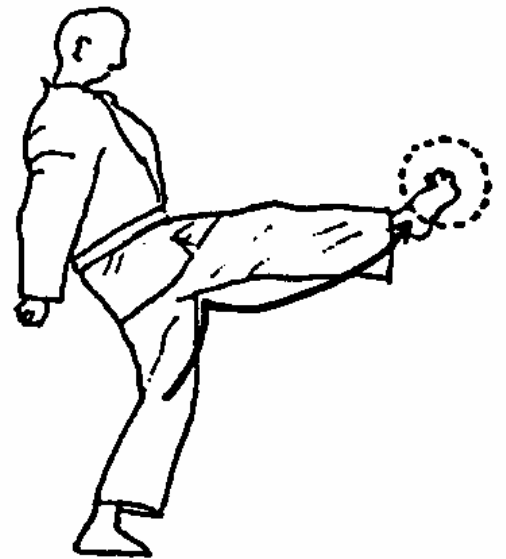


9. Geri (Fußstoß) :

Gedan-Geri
(Kingeri)



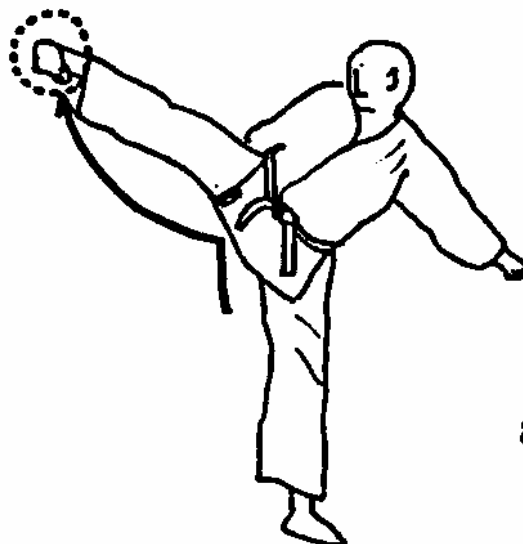
Mae-Geri



Yoko-Geri
(Mawashigeri)



Sokuto-Geri



Kansetsu-Geri

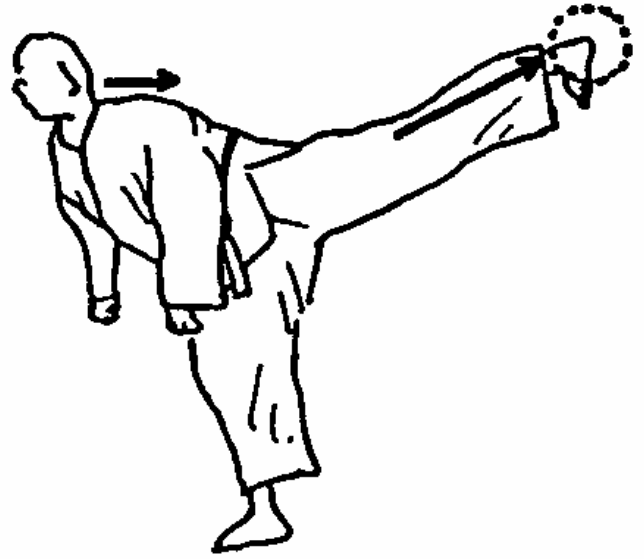




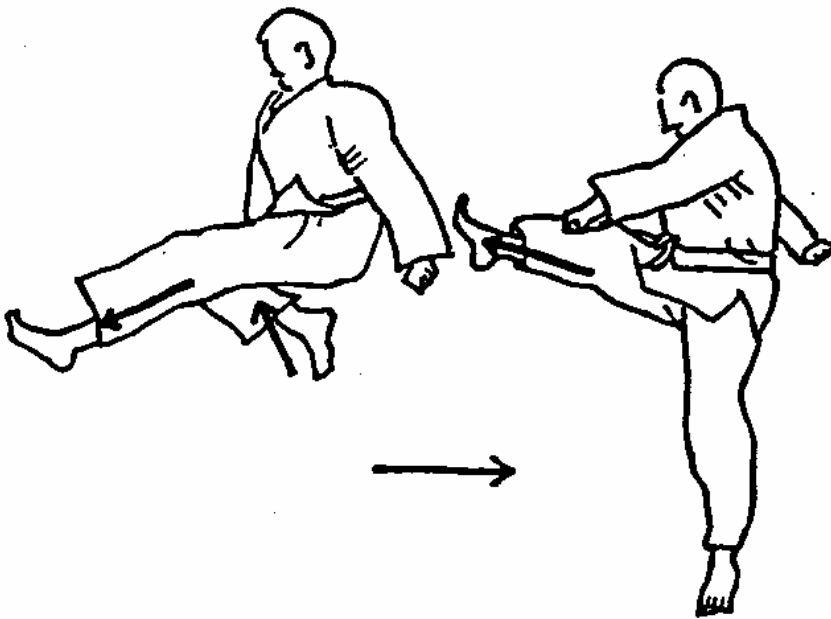
Hiza-Geri



Ushiro-Geri



Nidan-Geri



Tobi-Geri

