





## Chizikunbo Kihon Waza

- |                                   |   |
|-----------------------------------|---|
| 1. Chudan tsuki                   | Middle level thrust                                   |
| 2. Chudan kake uke                | Middle level hooking defense                          |
| 3. Chudan osae uke                | Middle level pressing defense                         |
| 4. Jodan uke, jodan mawashi uchi  | Upper level defense, upper level circular strike      |
| 5. Chudan uke, chudan tetsui uchi | Middle level defense, middle level hammer fist strike |