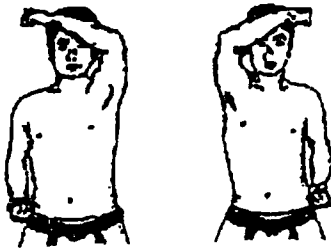


# NIJU SICHI NO KATA

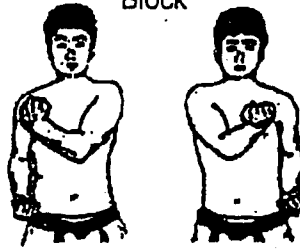
Upper Block



LEFT HAND

RIGHT HAND

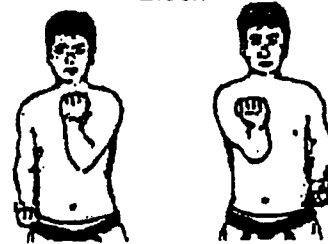
Outside Center Block



LEFT HAND

RIGHT HAND

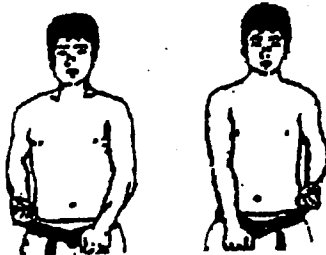
Inside Center Block



LEFT HAND

RIGHT HAND

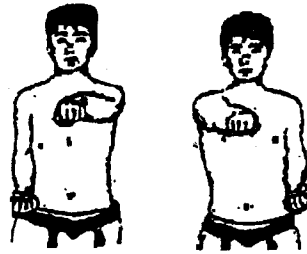
Lower Block



LEFT HAND

RIGHT HAND

Center Punch  
KIYAI



LEFT HAND

RIGHT HAND

Over Right  
pull to tsuki



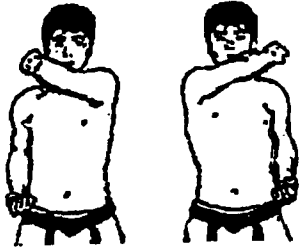
LEFT HAND

Over Left  
pull to tsuki



RIGHT HAND

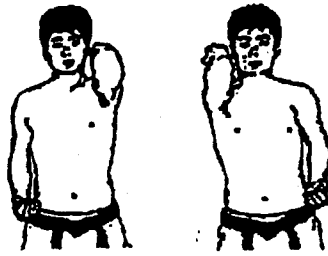
Strike over Right Shoulder  
Strike over Left Shoulder



LEFT HAND

RIGHT HAND

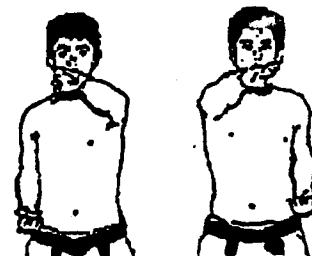
Upper elbow below chin



LEFT HAND

RIGHT HAND

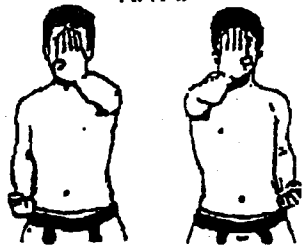
Shuto



LEFT HAND

RIGHT HAND

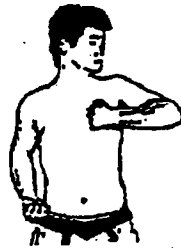
Heel Palm  
KIYAI



LEFT HAND

RIGHT HAND

Strike to Ribs



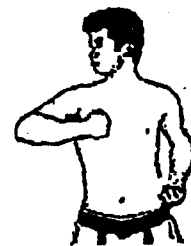
LEFT ELBOW

To Head  
Shoulder position



LEFT ELBOW

Strike to Ribs



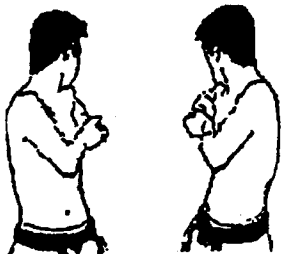
RIGHT ELBOW

To Head  
Shoulder position



RIGHT ELBOW

Behind, Left hand pushing  
Behind, Right hand pushing



LEFT ELBOW

RIGHT ELBOW

Palms to floor



Pull to Tsuki, Kiyai



WORLD YOSHUKAI  
KARATE KOBUDO  
ORGANIZATION

