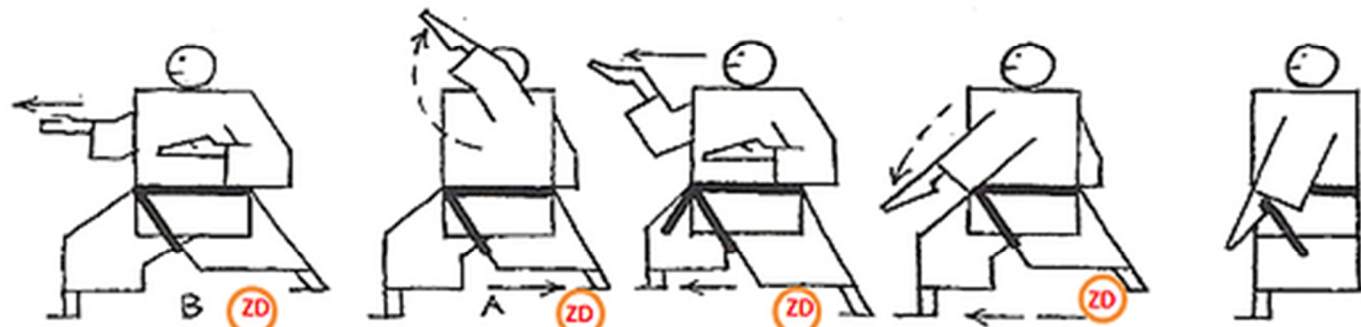
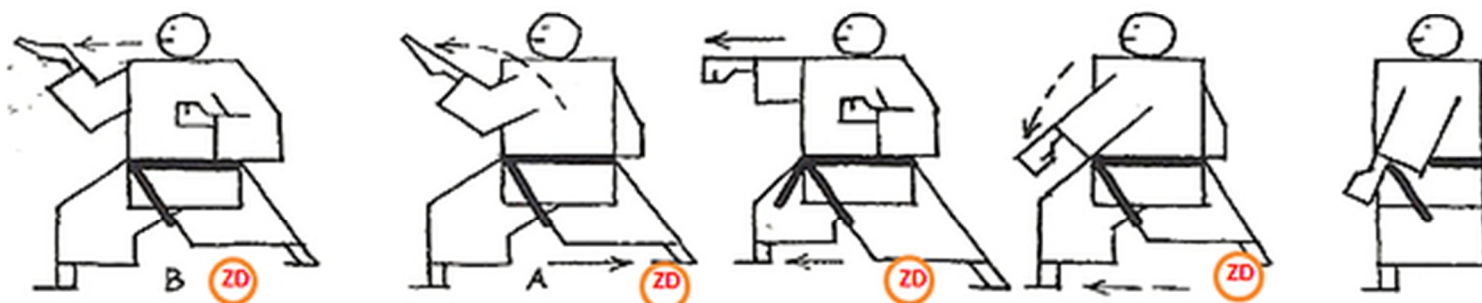


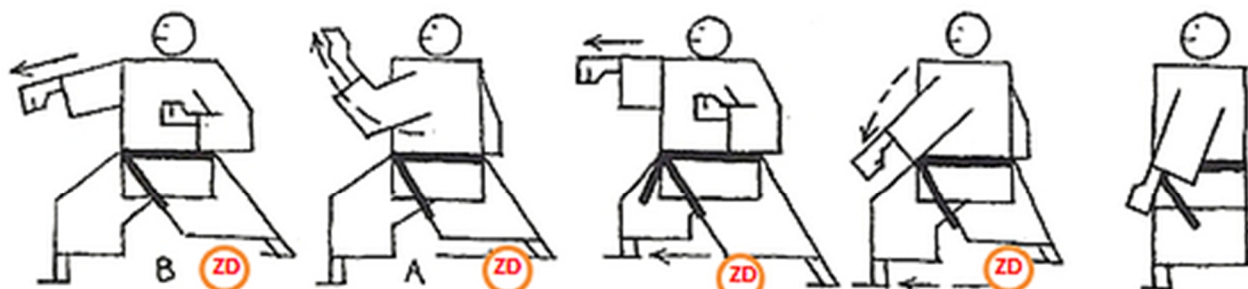
1 **Avança** Seiken Jodan Oi-Zuki/ **Afasta** Ken Jodan Ague-Uke/ **Contragolpe** Chudan Guiaku-Zuki



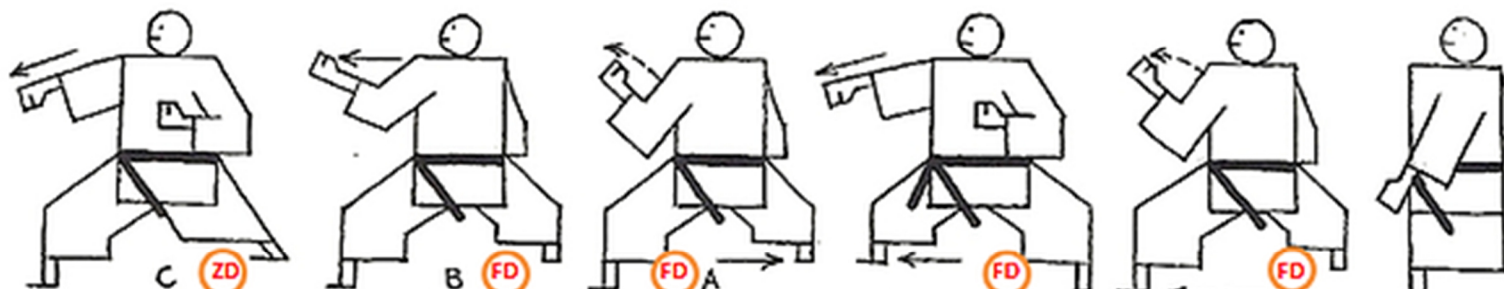
2 **Avança** Shuto Jodan Shomen/ **Afasta** Shuto Jodan Ague-Uke/ **Contragolpe** Guiaku Chudan Yonbon-Nukite



3 **Avança** Seiken Jodan/ **Afasta** Shotei Jodan Otoshi-Uke/ **Contragolpe** Chudan Guiaku-Zuki



4 **Avança** Seiken Jodan Oi-Zuki/ **Afasta** Shotei Jodan Ague-Uke/ **ContraGolpe** Chudan Guiaku-Zuki



5 **Avança** Seiken Chudan Oi-Zuki/ **Afasta** Ken Chudan Uchi Ude Soto-Uke/ **ContraGolpe** Jodan Urazuki com a mesma mão da defesa e Chudan Guiaku-Zuki

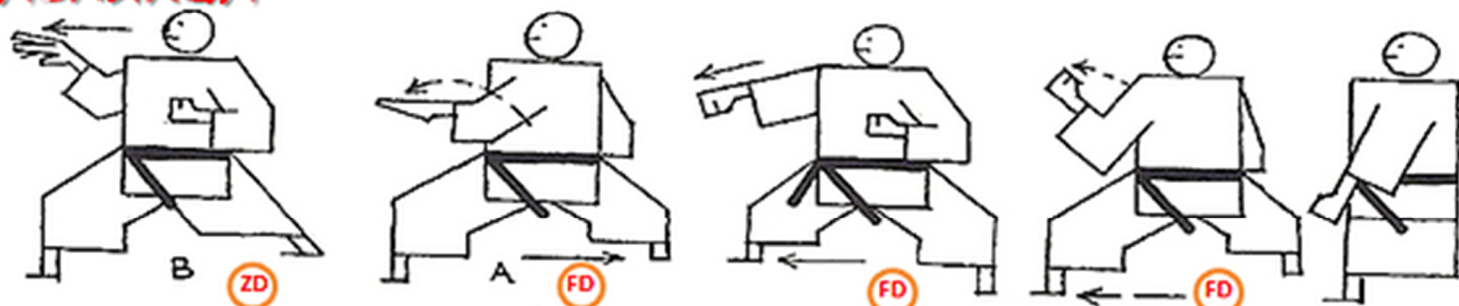


6 **Avança** Seiken Chudan Oi-Zuki/ **Afasta** Ken Chudan Soto Ude Uchi-Uke/ **ContraGolpe** Uraken Jodan Kosa-Uchi com a mesma mão da defesa e Chudan Guiaku-Zuki

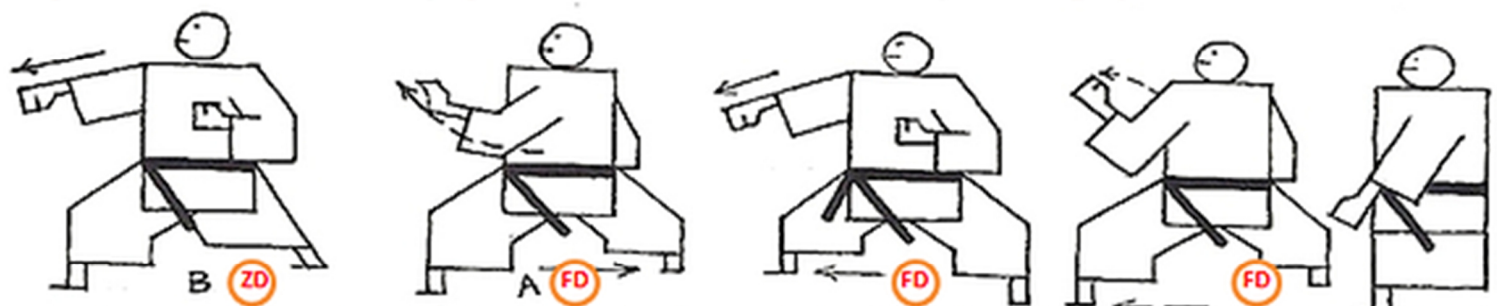


Amazonas
Shinshukan

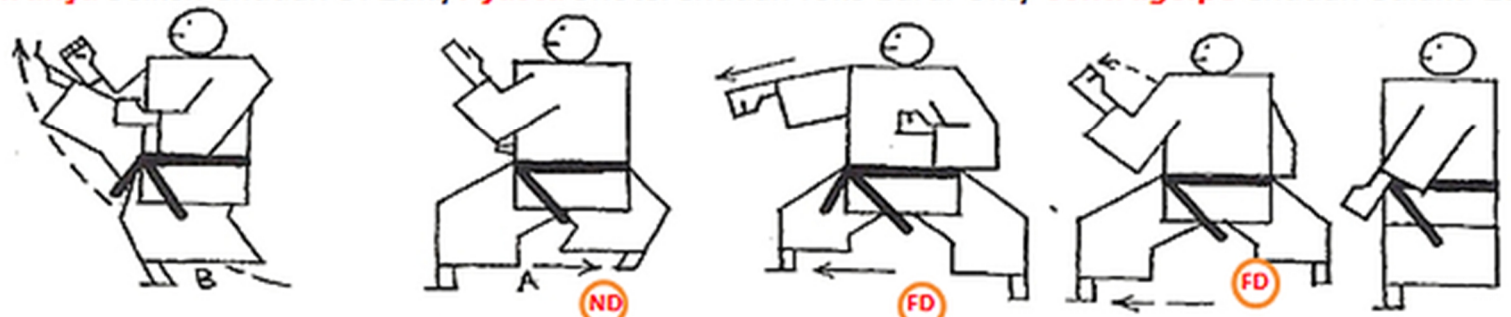
Kihon 6



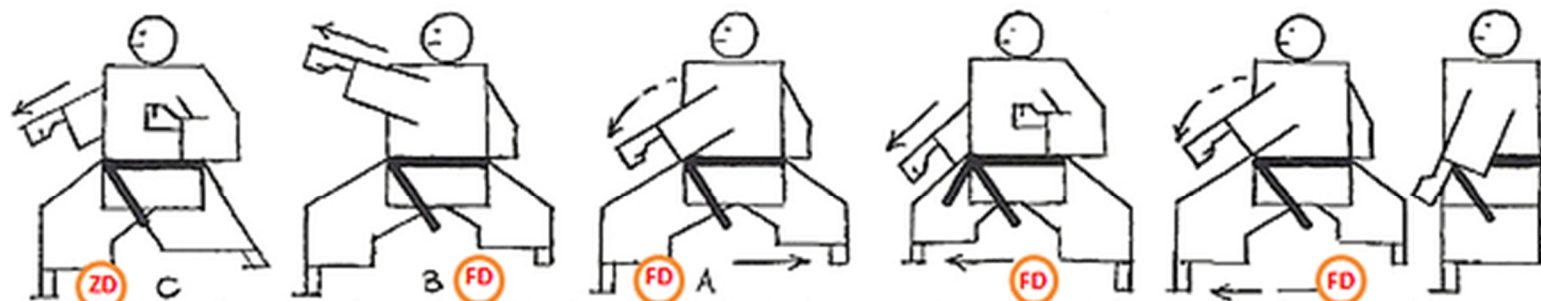
7 **Avança** Seiken Chudan Oi-Zuki/ **Afasta** Shotei Chudan Ossae-Uke/ **ContraGolpe** Jodan Barate-Uchi



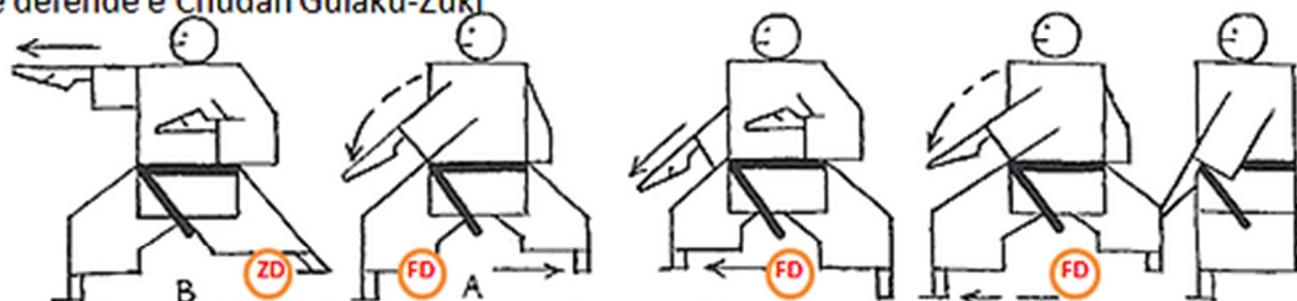
8 **Avança** Seiken Chudan Oi-Zuki/ **Afasta** Shotei Chudan Yoko Barai-Uke/ **ContraGolpe** Chudan Guiaku-Zuki



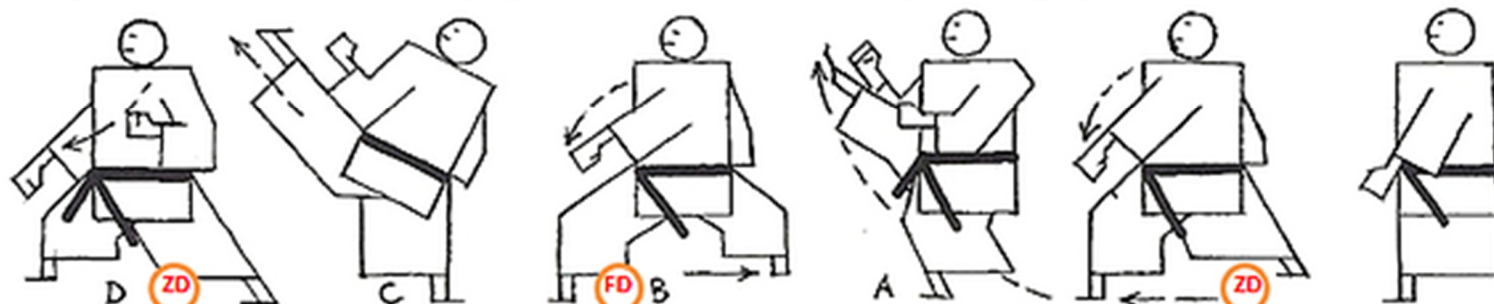
9 **Avança** Seiken Chudan Oi-Zuki/ **Afasta** Shuto Chudan Yoko-Uke/ **ContraGolpe** Mae-Gueri c/ pé de trás



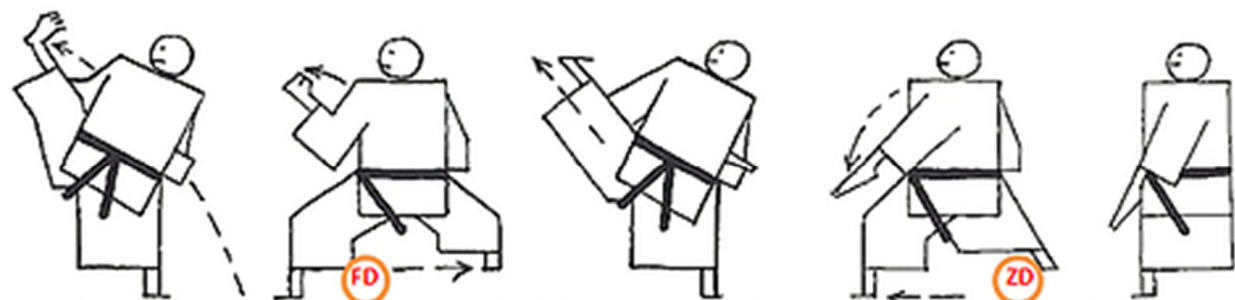
10 **Avança** Seiken Guedan Oi-Zuki/ **Afasta** Ken | Guedan-Barai/ **Contragolpe** Jodan Kizami-Zuki com a mesma mão que defende e Chudan Guiaku-Zuki



11 **Avança** Guedan Yonbon-Nukite/ **Afasta** Shuto Guedan-Barai/ **Contragolpe** Jodan Yonbon-Nukite



12 **Mae-Gueri** com pé de trás/ **Afasta** Ken Guedan-Barai/ **Contragolpe** Yoko-Gueri c/ pé da frente

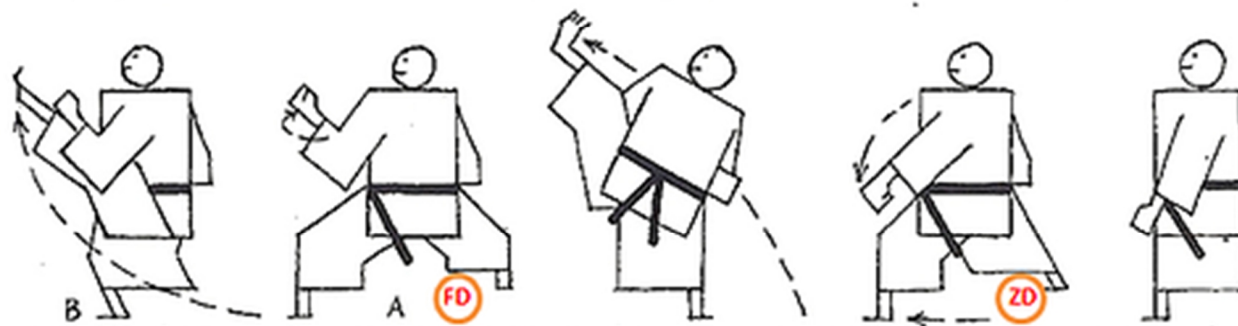


13 Yoko-Gueri com pé de trás/ **Afasta** Ken Chudan Soto-Uke/ **Contragolpe** Mawashi-Gueri com pé de trás

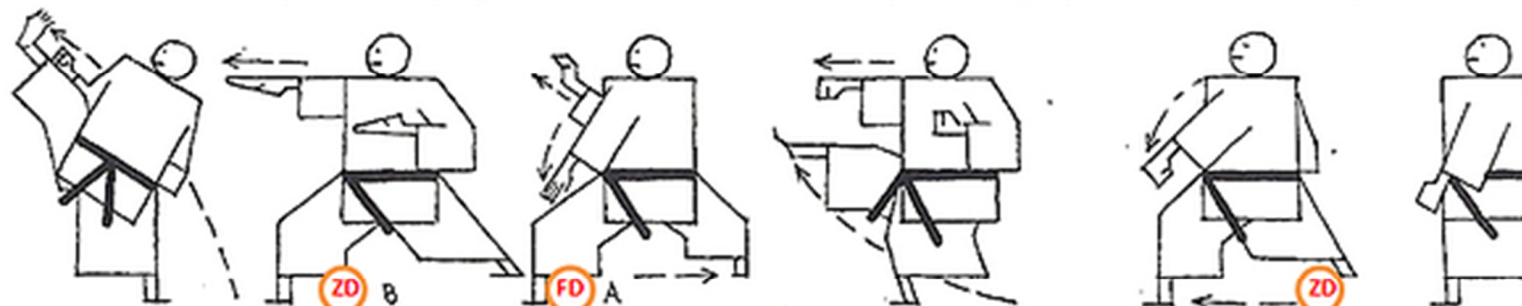
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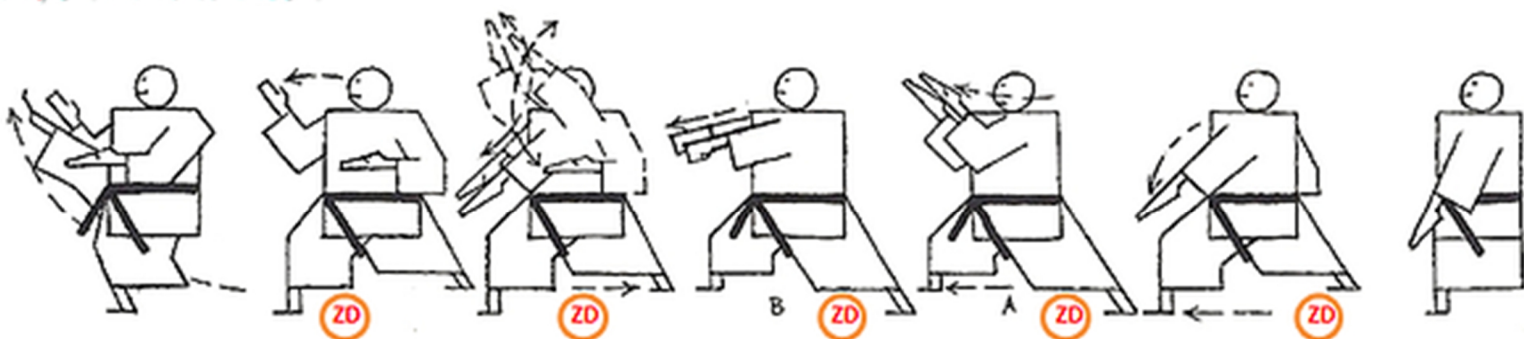
ND



14 Mawashi-Gueri com pé de trás/ **Afasta** Ken Chudan Uchi-Uke/ **Contragolpe** Mae-Gueri com pé da frente



15 Mae-Gueri com Seiken/ **Afasta** Ryote Yoko Barai-Uke/ **Contragolpe** Jodan Yonbon-Nukite e Mawashi-Gueri



16 **Avança** Shuto Jodan Hassami-Uchi e Seiken Chudan Heiko Morote-Zuki / **Afasta** Ryo Shuto Jodan e Guedan Kakiwaki Barai-Uke/ **Contragolpe** Guiaku Shuto Shomen e Mae-Gueri com pé de trás

- ZD** ZENKUTSU-DACHI
- FD** FUDO-DACHI
- ND** NEKOASHI-DACHI



Fonte: União Shorin-Ryu Karate-Do Brasil