

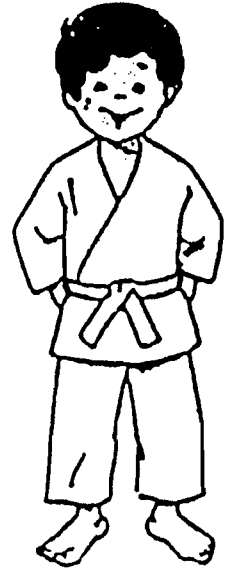
PARTES DEL CUERPO



————— **Yodan** —————
(Parte superior)

————— **Chudan** —————
(Parte media)

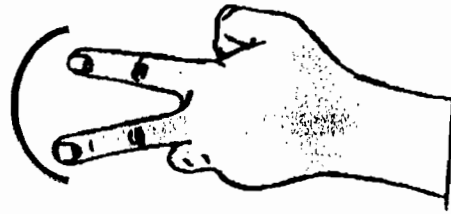
————— **Gedan** —————
(Parte inferior)



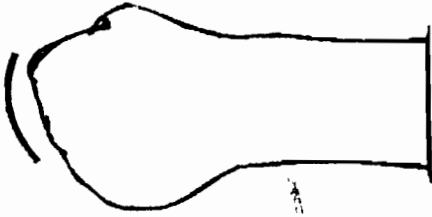
PARTES DE LA MANO II



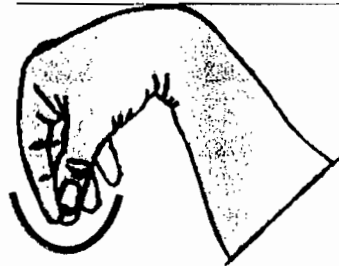
Ippon Nukite



Nihon Nukite



Seiken



Washide



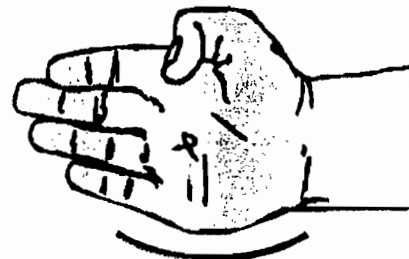
Seryuto



Kumade
(garra del oso)



Yonhon Nukite



Shuto

PARTES DEL PIE

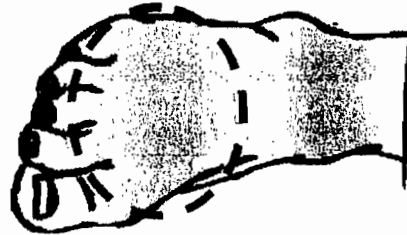
Sokuto
(canto del pie)



Koshi
(bola del pie)



Haisoku
(empeine del pie)



Tsumasaki
(punta de los dedos)



Sokutei
(arco del pie)

Kakato
(talón del pie)

