

THE 5 TECHNIQUES ALLOWED



The 5 techniques allowed:

- *chudan yakuzuki*
- *jodan uraken uchi*
- *jodan mawashigeri*
- *jodan uramawashigeri*
- *chudan mawashigeri*



THE NO ALLOWED TECHNIQUES



MAWASHIGERI CHUDAN ON BACK



JODAN KIZAMI ZUKI



ASHI BARAI

PERSONAL PROTECTIONS



TECHNICAL BALLS GAME



YAKUZUKI CHUDAN



URAKEN CHUDAN JODAN



URAMAWASHIGERI



JODAN MAASHIGERI



CHUDAN MAWASHIGERI