
COMPENDIO TECNICAS ATAQUES INDIRECTOS

- ❖ TETSUI UCHI
 - OMOTE TETSUI UCHI
 - TATE TETSUI UCHI
 - URA TETSUI UCHI
- ❖ URAKEN UCHI
 - OMOTE URAKEN UCHI
 - TATE URAKEN UCHI
 - URA URAKEN UCHI
- ❖ SHUTO UCHI
 - SOTO SHUTO UCHI
 - UCHI SUTO UCHI
 - TATE SHUTO UCHI
- ❖ HAITO UCHI
 - SOTO HAITO UCHI
 - UCHI HAITO UCHI
- ❖ HAISHU UCHI
- ❖ KEITO UCHI
- ❖ SHO UCHI
- ❖ SEIRYUTO UCHI
- ❖ WASHIDE UCHI
- ❖ KUMADE UCHI
- ❖ TEISHO UCHI
- ❖ KAKUTO UCHI
- ❖ UDE UCHI
- ❖ ENPI UCHI
 - MAE ENPI
 - MAWASHI ENPI
 - YOKO ENPI
 - USHIRO ENPI
 - OTOSHI ENPI
 - TATE ENPI
 - SOETE ENPI



❖ FORMAS DE HASAMI

❖ ATAMA UCHI

❖ BARATE UCHI