



ITOSU-KAI KARATE-DO SVERIGE

Hand-armbågsattacker



Gedan Tsuki



Chudan Tsuki



Jodan Tsuki



Gyaku Tsuki



Oi Tsuki



Mawashi Hiji Ate



Shuto Ushi



Ura Ken



Yon Hon Nukite



Ken Tsui



Hiji Ate



Age Tsuki