

1. Seiken : Vuist



4. Koshi : Bal van de voet



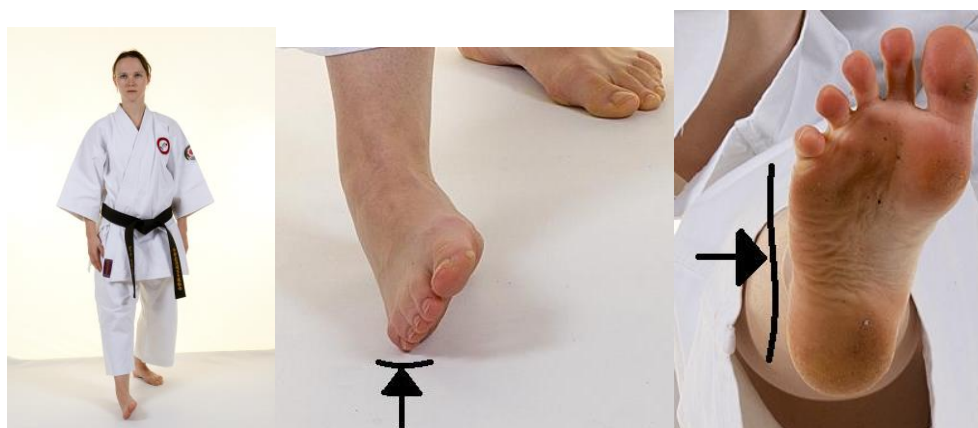
2. Tetsui : Hamervuist



5. Sokutei : De zool van de voet



3. Shuto : Handsnee Pinkzijde



6. Sokuto: De snijkant van de voet



7. **Kakato:** De hiel van de voet



10. **Nihon – nukite:** tweevingerige speerhand



8. **Nukite:** speerhand



11. **Ude:** onderarm



9. **Ippon – nukite :** Eénvingerige speerhand



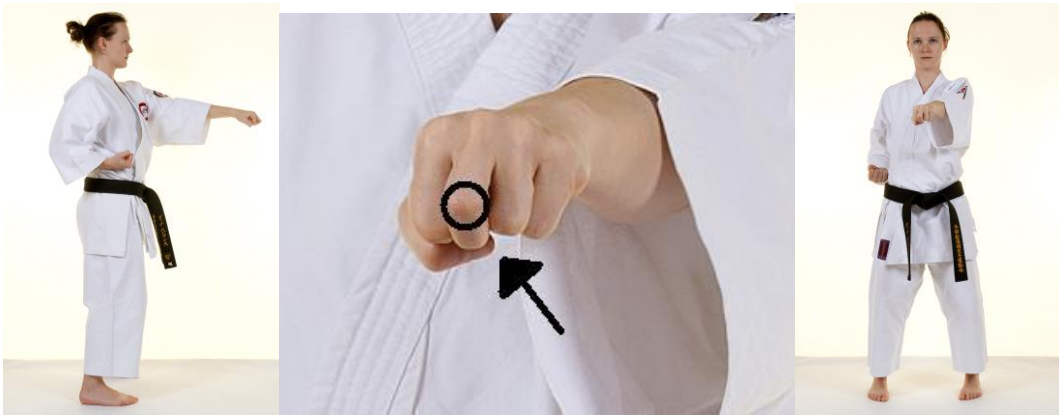
12. **Uraken:** bovenkant vuist



13. **Hiraken:** Gebogen kneukelvuist



16. **Hitsui / Hiza:** Knie



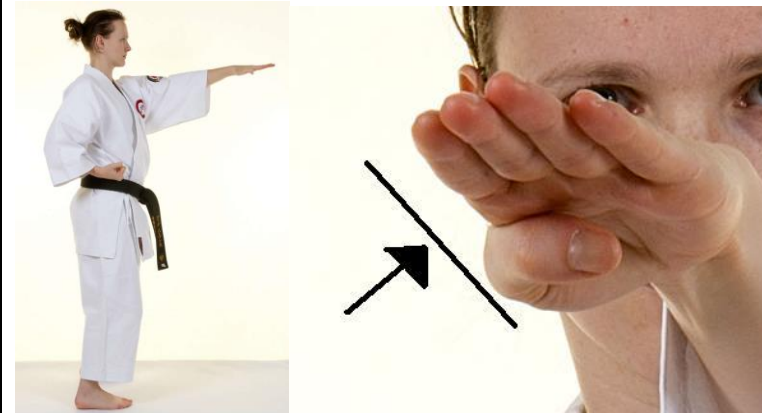
14. **Nakadaka-ken:** Middelvingerkneukelvuist



17. **Ippon-ken:** Wijsvingerkneukelvuist



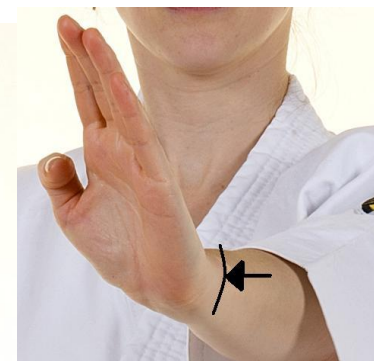
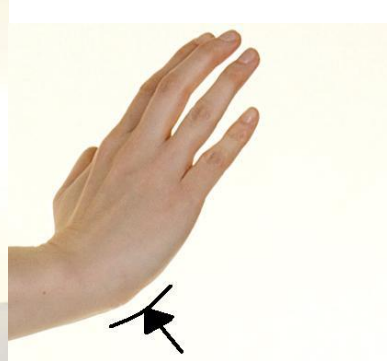
15. **Empi:** Elleboog



18. **Haito:** Handsnee Duimkant



19. Teisho: Handpalmbasis



22. Seiryuto : Knoesel tussen handsnee pinkkant en pols



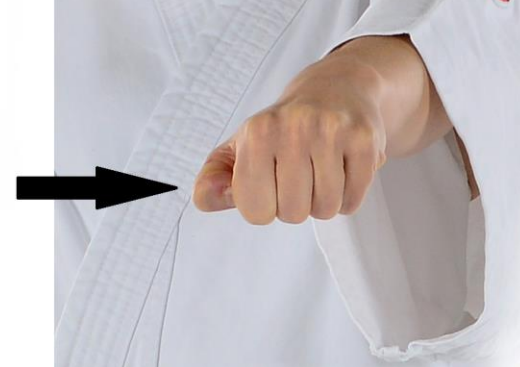
20. kumade: Binnenzijde kneukelvuist hiraken (berenklauw)



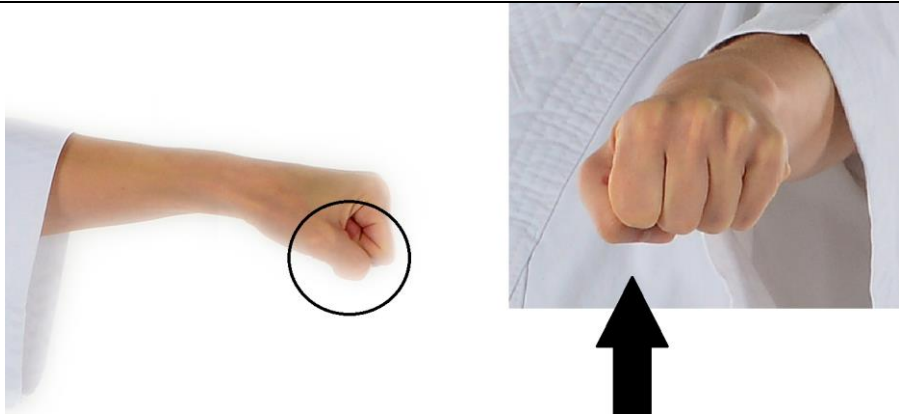
23. Haishu: Handrug



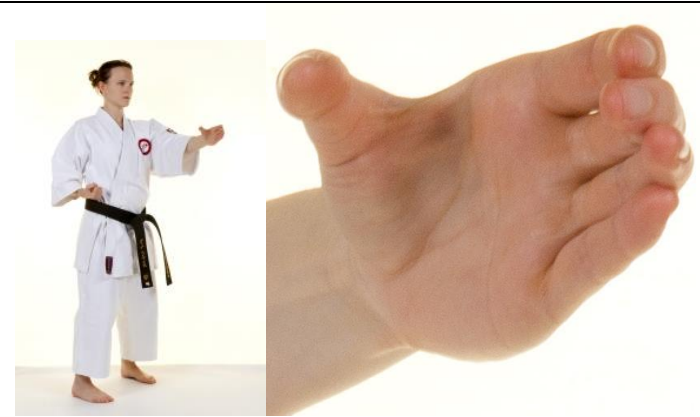
21. Haisoku: Wreef van de voet



24. Oyaybi: Gebogen voorste duimkneukel in vuist



25. **Keito:** Duimbasisneukel



28. **Toho:** Sikkelhand snijkant wijsvinger en duim



26. **Keiko/washide:** vingertoppensnavel



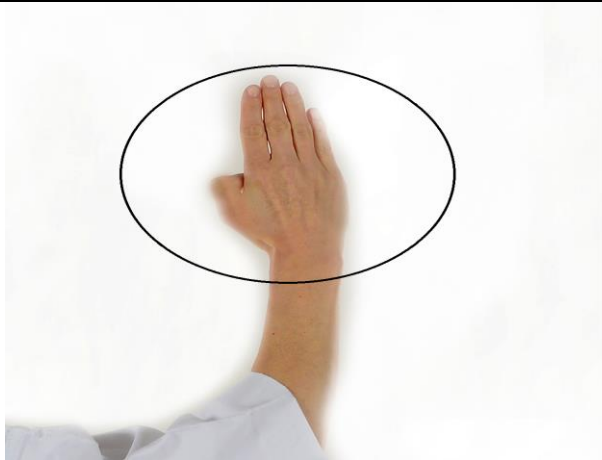
29. **Tsumasaki:** Opgetrokken tenen binnenwaarts



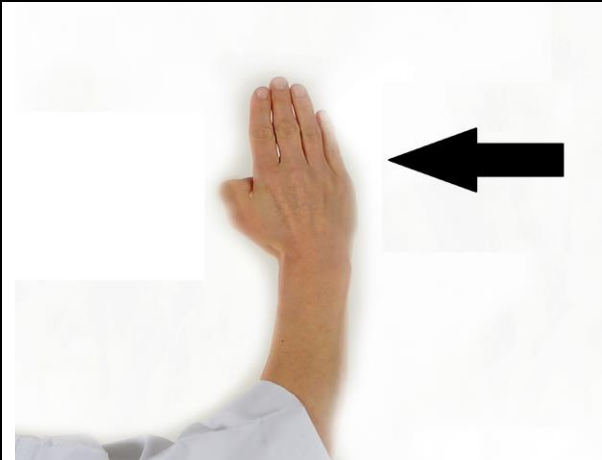
27. **Koko:** Speerhand met gebogen vingertoppen



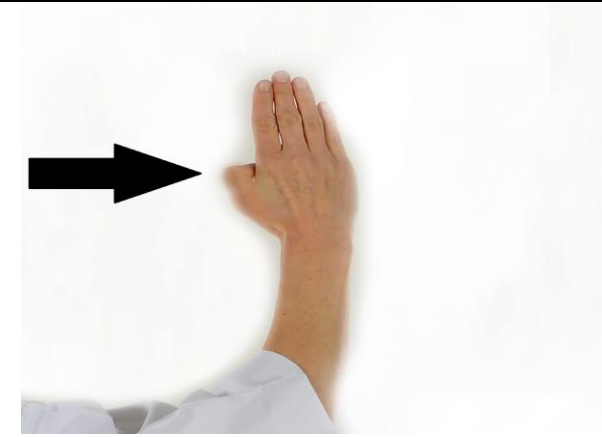
30. **Kakuto:** Gebogen handrugpols



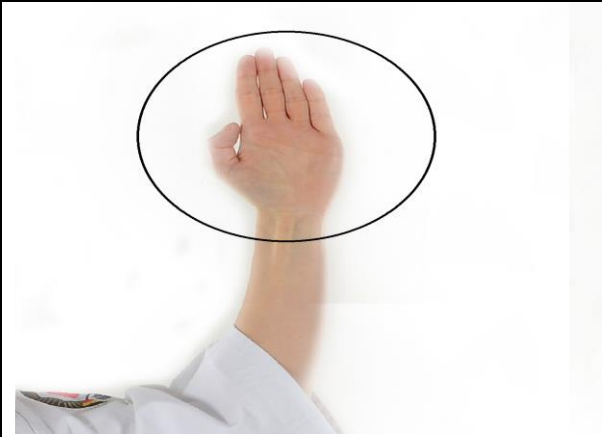
31. Hai-wan: Handrug



33. Gai-wan: Pinkkant



32. Nai-wan: Duimkant



34. Shu-wan: Handpalm