

Spec. number: 8

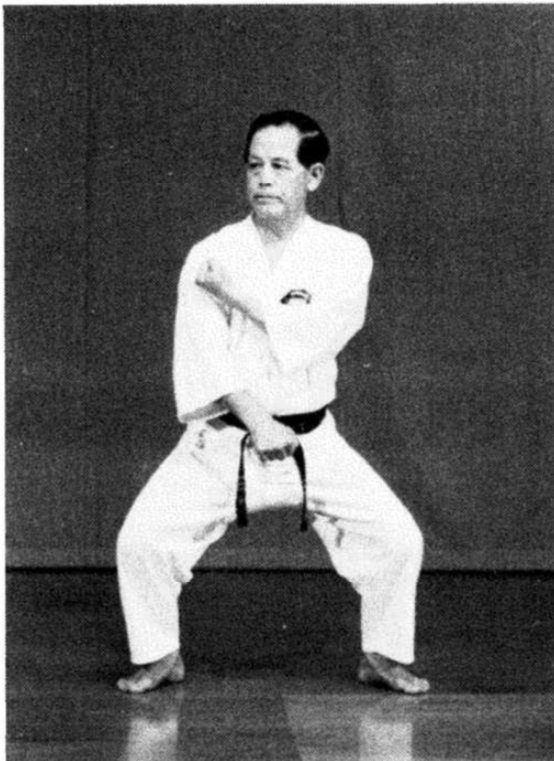
Technique: Lower punch (Gedan-zuke)

Kata: Rohai, Wanshu, Passai and Chinto

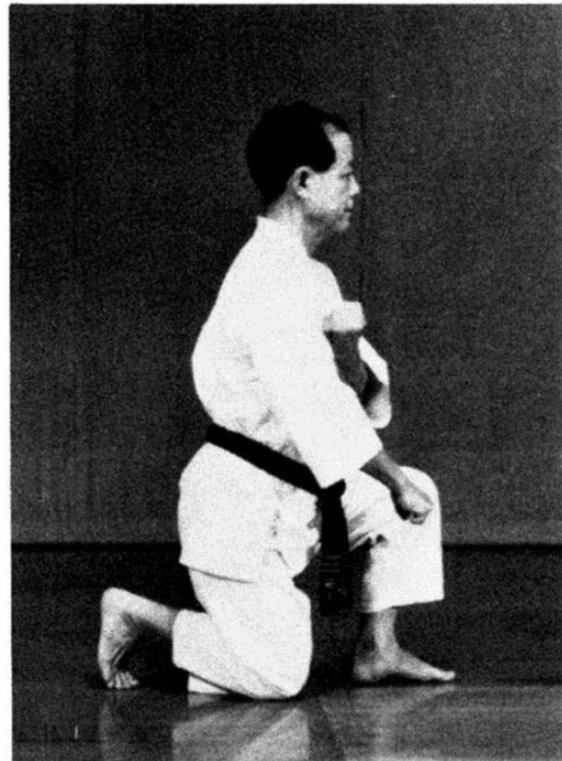
Page number: 70, 71

Comments: Lower punch is only found in the above black belt kata, not in P5 or the Nihanchi kata.

Photographs: 71(8), 71(9)

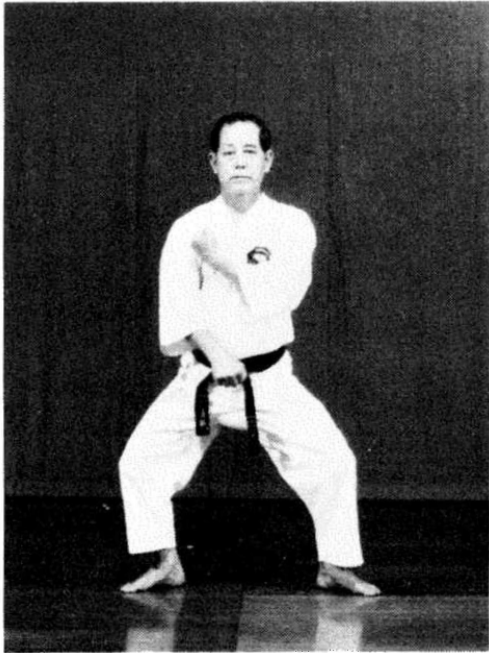


8



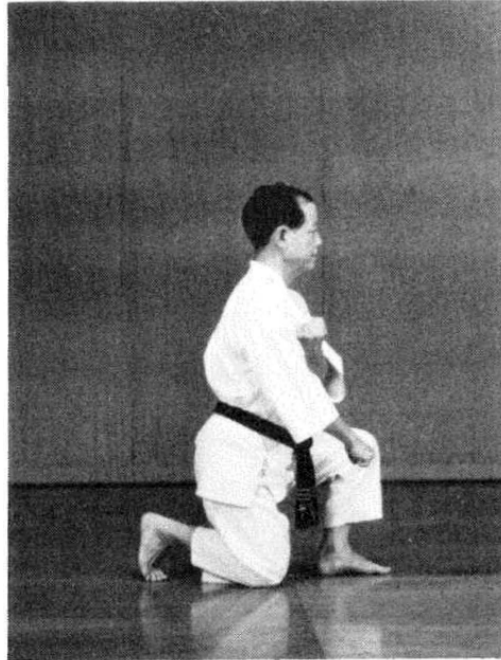
9

Rohai pg. 182



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Wanshu pg. 188



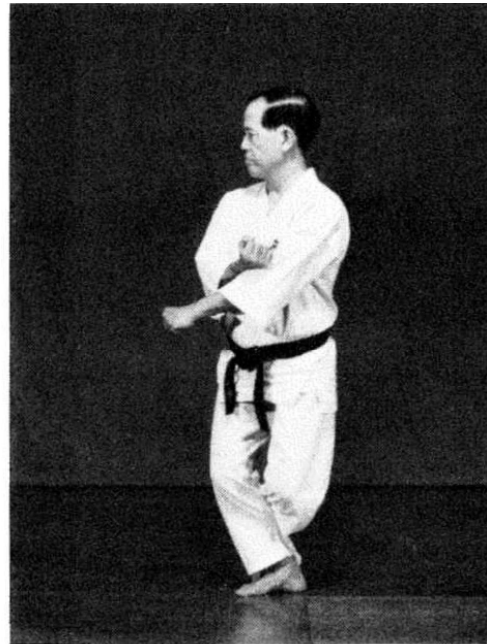
5

Wanshu pg. 189

12

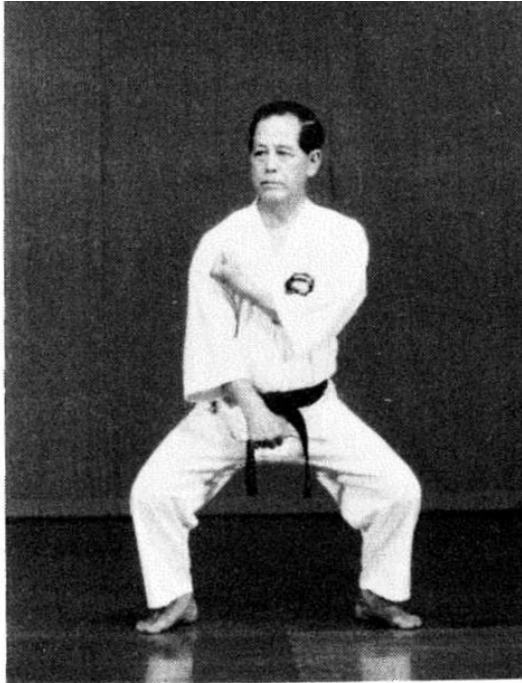


Wanshu pg. 191



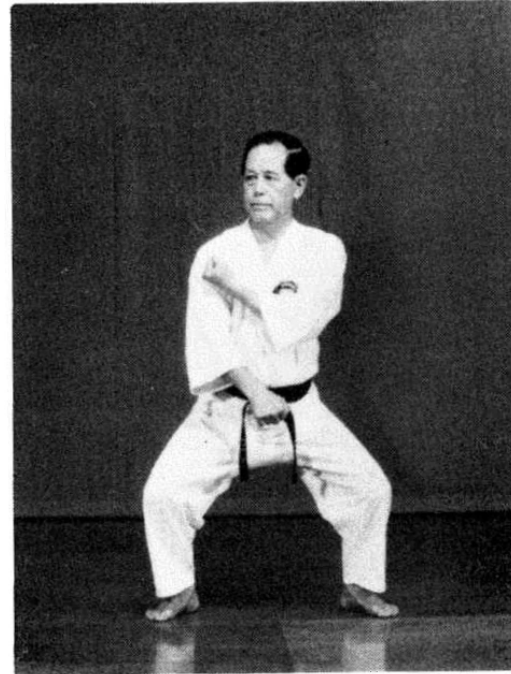
17

Passai pg. 203 Fig. 39 follows an elbow smash and is often misinterpreted as a low block.



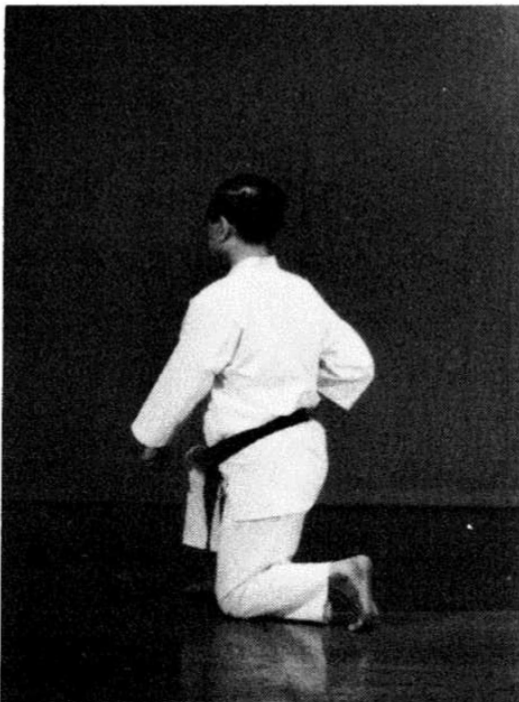
39

Passai pg. 202. Fig. 39 and 41 are unusual in that they show Nagamine Sensei looking to the right while punching to the midline.



41

Chinto pg. 229



61 kiai