

PETER HOLLOWOOD

MARTIAL ARTS

1st Kyu

Brown / Black Belt

STANCES

Sochin Dachi

PUNCHES / STRIKES

Tetta Zuki

Vertical Fist Strike

BLOCKS

All Blocks with Gyaku Zuki

All Blocks with Reverse Punch

KICKS

Spin Ura Mawashi Geri

Spinning Hook Kick

KATA

Yansu

Sochin

BASIC COMBINATIONS

Haito Uchi Uke, Shote Uchi, Gyaku Zuki,
Gidan Barai

FIGHTING COMBINATIONS

Drift Mawashi Geri

Drift Roundhouse Kick

Drift Ura Mawashi Geri

Drift Hook Kick

SELF DEFENCE

Bear Hug

Free Sparring

IPPON KUMITE

Kizami Zuki

front hand jab

Gyaku Zuki

reverse punch

Mawashi Geri

roundhouse kick

Ushiro Geri

back kick

Jordan-Chudan Zuki

upper and middle punch

Mae Geri

front kick

Yoko Geri

side kick

Ura Mawashi Geri

hook kick

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者
道
場

