

NIJUSHIHO 24 Techniques

1.Palm Draw



2.Reverse Punch



3.Rising Elbow



4.Circle to Hips



5.U-Punch



6.Scissor Block



7.Wedge Block



8.Upper Block



9.Reverse Elbow



10. Fend



11.Side Kick



12.Kiba Dachi Punch



13.Block/Palm Heel



14.Ridge Hand



15.Palm Hit



16.Tiger Mouth



17.Down U Punch



18.Backhand



19.Side Elbow



20.Gedan Punch



21.Side Lower Block



22.Elbow Strike



23.Front Low Block



24.Circle Palm

