



















SPARKAR

 <p>Mae-geri</p>	 <p>Mawashi-geri</p>	 <p>Yoko-geri</p>
 <p>Yoko-geri-keage</p>	 <p>Ushiro-geri</p>	 <p>Yoko-fumikomi</p>
 <p>Uchi-fumikomi</p>	 <p>Funikiri</p>	 <p>Maw-hiza</p>
 <p>Mawashi-hiza</p>	 <p>Ushiro-geri-keage</p>	 <p>Mae-ashi-geri</p>
 <p>Mae-geri-kekomi</p>	 <p>Mae-fumikomi</p>	 <p>Mikazuki-geri</p>
 <p>Gyaku-mawashi</p>	 <p>Mae-tobi-geri</p>	 <p>Yoko-tobi-geri</p>