







## 8. Happon Mae Gamen Ate

2009 instruction, ZNKR book, English translation	1994 instruction, Buko Dosokai English booklet	Photographs
a. Is the initial strike with the Tsukagashira made between the eyes?	Is the <i>tsuka-gashira</i> aimed correctly at the point between the eyes?	
		
b. When turning to face the opposite direction, is the right fist placed correctly on the top of the ilium when facing the opponent at the rear?	Is the right fist placed correctly on the top of the ilium when facing the opponent at the rear?	
		

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c. When facing the rear opponent, is the body turned completely to the rear with the rear heel slightly raised and in a straight line?	In this position, does the body turn round perfectly, and is the rear heel held a little off the floor?	
		
d. Is the thrust performed without too much bend in the knees?	Is the thrust made with the feet pointing forwards?	