



1. KYU

KIHON:

Zenkutsu Dachi, Gedan-Barai Kamae
Mae-geri - Oi-zuki.
Mawashi-geri - Gyaku-zuki.
Gyaku-zuki - Mae-geri - Oi-zuki - Gedan-barai.
Zenkutsu-Dachi Kamae:
Mae-geri - Mawashi-geri
Kizami Yoko-geri Kekomi - Ushiro-geri
Kiba-dachi, Gedan-barai Kamae
Keage - Kekomi (samme ben)

KATA:

SHITEI: Tekki Shodan
SENTEI: Bassai-Dai, Kanku-Dai, Jion, Enpi
Obligatorisk bunkai + fri bunkai til enkelte passager i kata (graduøren vælger).

KUMITE:

Jiyu Ippon Kumite
2 x Jodan
2 x Chudan
2 x Mae-geri
1 x Yoko-geri Kekomi
1 x Mawashi-geri