



4. KYU

KIHON:

Zenkutsu Dachi, Gedan-Barai Kamae
Sanbon-zuki (Jodan, chudan - chudan)
Gyaku sanbon-zuki (Chudan, jodan - chudan)
Jodan Age-uke, Gyaku-zuki
Chudan Soto-ude-uke (Zenkutsu), Yoko-enpi – uraken (Kiba-dachi)
Chudan Uchi-ude-uke - Jodan Kizami-zuki - Chudan Gyaku-zuki
Kokutsu-dachi, Shuto-uke Kamae
Chudan Shuto-uke (Kokutsu), Chudan Nukite (Zenkutsu)
Zenkutsu-Dachi Kamae
Mae-geri rengeru (chudan, jodan)
Mawashi- geri
Kiba-dachi, Gedan-barai Kamae
Keage
Kekomi

KATA:

Heian Godan + Obligatorisk bunkai

KUMITE:

Kihon ippon kumite :
2 x Jodan
2 x Chudan
1 x Mae-geri
1 x Yoko- geri Kekomi
1 x Mawashi- geri
Der må ikke bruges samme forsvar til begge sider