



6. KYU

KIHON:

Zenkutsu Dachi, Gedan-Barai Kamae Chudan
Oi-zuki
Chudan Gyaku-zuki
Jodan Age-uke - Gyaku-zuki
Chudan Soto-ude-uke - Gyaku-zuki Chudan
Uchi-ude-uke - Gyaku-zuki Kokutsu-dachi,
Shuto-uke Kamae Chudan Shuto-uke
Zenkutsu-Dachi Kamae
Mae-geri
Kiba-dachi, Gedan-barai Kamae
Keage
Kekomi
Zenkutso dachi, gedan barai kamae
Mawashigeri

KATA:

Heian Sandan + Obligatorisk bunkai

KUMITE:

Sanbon Kumite Nr. 1+2 (hidari, migi)