



9. KYU

KIHON:

Zenkutsu Dachi, Gedan-Barai Kamae
Chudan Oi-zuki
Chudan Gyaku-zuki
Jodan Age-uke
Chudan Soto-ude-uke
Zenkutsu-Dachi Kamae
Mae-geri
Kiba-dachi, Gedan-barai Kamae
Keage

KATA:

Heian Shodan

KUMITE:

Gohon kumite (Jodan, Chudan)