

5.1 - KYU - PAS NIEBIESKI z 1 – belką

KIHON:

1. Sanbon-zuki-ZKD
2. Age-uke/gyaku-zuki-ZKD
3. Uchi-uke/kizami-zuki/gyaku-zuki-ZKD
4. Soto-uke/kizami-uraken-uchi/gyaku-zuki-ZKD
5. Shuto-uke/kizami-mae-geri/gyaku-nukite/KKD-ZKD
6. Shuto-uchi - w KD
7. Mae-geri-ZKD
8. Yoko-geri-keage-ZKD
9. Yoko-geri-kekomi-ZKD
10. Mawashi-geri-ZKD
11. Ura-mawashi-geri-ZKD
12. Shiho-gyaku-zuki-ZKD+Bunkai.

KATA:

Heian-Shodan+Bunkai kata

Heian-Sandan+Bunkai kata

KIHON:

Kihon-ippon-kumite

