

7 - KYU

PAS POMARAŃCZOWY

KIHON:

1. Oi - zuki
2. Age - uke / Gyaku - zuki
3. Soto - uke / Gyaku - zuki
4. Uchi - uke / Kizami - zuki / Gyaku - zuki
5. Shuto - uke / Gyaku - nukite
6. Uraken - uchi
7. Mae - geri
8. Mae - ren - geri / chudan, jodan
(z międzykrokiem)
9. Yoko - geri - keage
10. Yoko - geri - kekomi
11. Mawashi - geri

KATA:

Heian - Nidan + Bunkai kata

KUMITE:

Gohon - kumite

