

8.2 - KYU - PAS ŻÓŁTY z 2 – belkami

KIHON:

1. Oi-zuki-ZKD
2. Age-uke/gyaku-zuki-ZKD
3. Soto-uke/gyaku-zuki ZKD
4. Uchi-uke/gyaku-zuki-ZKD
5. Gedan-barai/gyaku-zuki -ZKD
6. Gedan-barai - w KD
7. Mae-geri-ZKD
8. Kizami-Mae-geri/ Mae-geri

KATA:

1. Taikyoku-Shodan

KUMITE:

Gohon-kumite

