

8.3 - KYU - PAS ŻÓŁTY z 3 – 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. Uchi-uke -KKD
7. Mae-geri-ZKD
8. Sambon- Mae-geri-ZKD
9. Yoko-geri-keage-KD

KATA:

1. Taikyoku-Nidan

KUMITE:

Gohon - kumite

