

8 - KYU

PAS ŻÓŁTY

KIHON:

1. Seiken - choku - zuki - KD
1. Oi - zuki
2. Age - uke / Gyaku - zuki
3. Soto - uke / Gyaku - zuki
4. Uchi- uke/ Gyaku - zuki
5. Gedan - barai / Gyaku - zuki
6. Gedan-barai-KD
7. Shuto - uke
8. Mae - geri
9. Yoko - geri - keage
10. Yoko - geri - kekomi

KATA:

Heian - Shodan + Bunkai kata

KUMITE:

Gohon - kumite

