

9.1 - KYU - PAS BIAŁY z 1 – belką

KIHON:

1. Musubi-Dachi
2. Hachiji-Dachi
3. Seiken - choku - zuki – KD
4. Age-uke
5. Uchi-uke
6. Soto-uke
7. Gedan-barai
8. Zen-Kutsu-Dachi
9. Oi-zuki-ZKD
10. Gedan-barai-ZKD

