

8: Kyu- Rött Bälte

Ställningar

Junzuki dachi

Gyakuzuki dachi

Musubi dachi

Hashi dachi

Hidari hamni gamae

Migi hamni gamae

Kihon wasa (Grundtekniker)

Junzuki, (mawate jodan uke)

Gyakuzuki (mawate gedan barai)

Maegeri

Mawashigeri

Sokuto Fumikomi

Renraku wasa (Kombinationer)

Maegeri chudan--kizamizuki jodan

Maegeri chudan--gyakuzuki chudan

Surikomi mawashigeri jodan--maegeri chudan

Kizamizuki jodan--surikomi gyakuzuki chudan

Gumite (Par Tekniker)

Ippongumite Jodan – Ipponme

Ippongumite chudan – Nihonme

Sanbongumite Soto Uke

Kata (Form)

Taikyoku Shodan

Ji Yu Kumite (Fri Fighting)