

## 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)**