

5 KYU-BLUE BELT

KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki, zkd
4. Uchi-uke/gyaku-empi-uchi, zkd
5. Soto-uke/yoko-empi-uchi/gyaku-tsuki, zkd/kbd/zkd
6. Shuto-uke/kizami-mae-geri/gyaku-tsuki, kkd/zkd
7. Haito-uchi, zkd
8. Kizami-mae-geri/mae-geri, zkd/hsd/zkd
9. Yoko-geri-keage, kbd
10. Yoko-geri-kekomi, kbd
11. Mawashi-geri, zkd
12. Ura-mawashi-geri, zkd
13. Ushiro-geri (back forward), zkd
14. Mae-geri/mawashi-geri, zkd/hsd/zkd
15. Shiho-uraken-uchi, zkd

KATA: Heian-YONDAN

KUMITE: KIHON-IPPON-KUMITE:

TORI: Oi-tsuki jodan
 Oi-tsuki chudan
 Mae-geri chudan
 Mawashi-geri jodan
 Yoko-geri chudan

UKE: Kontr. Gyaku-tsuki, uchi, empi

Zkd-Zenkutsu-dachi
 Kkd-Kokutsu-dachi
 Kbd-Kiba-dachi
 Hsd-Heisoku-dachi

WKF: Программа предыдущих поясов.
 Кидзами цуки кидзами маваши гери дзэдан. Яку урамаваши гери дзэдан.
 Кидзами урамаваши гери дзэдан. Комбинации нога рука-1 мин.

Акробатика: Программа предыдущих поясов.
 Броски: Задняя подножка O-soto-otosi. Передняя подножка Tai-otosi .

Физ.подготовка: 50 отжиманий, 50 пресс, 50 приседаний, 50 спина.

平安四段 (四: 丁)

Annotations:

- 1: "Yoi!"
- 2: "E-IT!"
- 3: "Fuji-Uke (Hilfe vor!) Fäuste ausstrecken!"
- 4: "Hilfe so weit wie möglich nach vorne abstoßen!"
- 5: "Chudan-Tsuki (Uchi) Chudan-Tsuki (Uchi)"
- 6: "Yoko-Geri-Keage u. Uraken" (with arrow pointing to the kick)
- 7: "Mae-Empi-Uchi Linken Fuß für Beinen halbes Schritt korrigieren!"
- 8: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 9: "E-IT!"
- 10: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 11: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 12: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 13: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 14: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 15: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 16: "Haito-Uchi-Uke" (with arrow pointing to the block)
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- 19: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 20: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 21: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 22: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 23: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 24: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 25: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 26: "Haito-Uchi-Uke" (with arrow pointing to the block)
- 27: "Haito-Uchi-Uke" (with arrow pointing to the block)

Legend (Zeichenerklärung):

- S = Seitenansicht
- = nach dem Kime geht nur nächsten Teil aus
- ▲ = stärker Kime, eine Sekunde Pause
- ◀ = langsame Bewegung zum vollen Kime
- X = zwei Sekunden Pause
- = kurzweilig
- ~ = langsame Bewegung ohne Kime

Dauer etwa 30 Sekunden!