

1 KYU-DARK BROWN BELT

KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki/kizami-tsuki/mae-geri/gyaku-tsuki/mae geri+mawashi geri jodan, zkd
4. Soto-uke/yoko-empi-uchi/uraken-uchi/gyaku-tsuki/mae-geri/kizami-tsuki/gyaku-tsuki/ushiro geri/jaku-tsuki, zkd/kbd/zkd
5. Uchi-uke/gyaku-empi-uchi/kizami-uraken-uchi/mawashi-geri/kizami-tsuki/gyaku-tsuki/ushiro uramawashi geri/gyaku empi uchi/kidzami age empi uchi, zkd
6. Shuto-uke/kizami-geri/gyaku-nukite/uraken-uchi/gyaku-empi uchi/kizami-mawashi-geri chudan/gyaku-mawashi-geri dzedan, kkd/mae geri/ushiro geri, age uke/gyaku tsuki, zkd
7. Mawashi-shuto-uchi/gyaku-haito-uchi/age-empi-uchi/gyaku-empi-uchi/kizami-mawashi-geri-dzedan/gyaku-ura-mawashi-dzedan/ushiro geri+mawashi geri jodan, zkd
8. Kaite 360, age-uke/gyaku-tsuki/mae geri/kidzami tsuki/jaku tsuki, zkd
9. Okuri-ashi, kizami-tsuki/oi-tsuki/suri-ashi-gyaku-tsuki/mae geri, zkd
10. Okuri-ashi, gyaku-tsuki/yoko-geri-kekomi/ushiro uramawashi geri+mawashi geri jodan, zkd
11. Kaite, ushiro-geri/gyaku-tsuki/mae geri+mawashi geri/kidzami tsuki gyaku-tsuki, zkd
12. Kizami-mawashi-geri/mawashi-geri/kidzami ura mawashi-geri/gyaku uramawashi geri jodan, zkd
13. Ushiro-ger+mawashi-geri+ushiro uramawashi geri, zkd
14. Ushiro-geri/ura-mawashi-geri/kidzami mawashi geri jodan (double)/gyaku-tsuki chudan, zkd
15. Yoko-geri-keage+ yoko-geri-kekomi /kaite 180, Yoko-geri-keage +yoko-geri-kekomi/, kbd
16. Yoko-geri-kokomi/uraken-uchi/gyaku-tsuki/mae geri/ushiro geri/gyaku empi uchi/kidzami uraken uchi, zkd
17. Mae-geri/mawashi-geri/kaite 360, yoko-geri-keage/kaite 180, yoko-geri-kekomi/, zkd
18. Gyaku-tsuki (with kaite 360, 4 tsuki)
19. Shiho-uchi, zkd
20. Shiho-haito, zkd
21. Shiho-empi uchi
22. Shiho-geri (mae, yoko, ushiro, mawashi, uramawashi), zkd

KATA: Shitei: KANKU-DAI, EMPI, JION

Tokui: Heian 1-5, Tekki-1

KUMITE: JIU-IPPON-KUMITE (left and right):

TORI: Oi-tsuki jodan

Oi-tsuki chudan

Mae-geri shudan

Yoko-geri chudan

Mawashi-geri jodan

Ura-mawashi jodan

Ushiro-geri chudan

UKE: Blocking and kontr.

Zkd-Zenkutsu-dachi

Kkd-Kokutsu-dachi

Kbd-Kiba-dachi

Hsd-Heisoku-dachi

WKF: Eelmiste vööprogrammide harjutused. Rünnak paus rünnak. Kontrarünnak. Ennetus.

Akrobaatika: Eelmiste vööprogrammide harjutused.

Heited: O-soto-otosi. Tai-otosi. Hane-Goshi. Ashi-barai.

Matšid. 5 tükki 2 minutiga, partneri vahetus.

ÜKE: 90 kätekõverdust, 90 küki, 90 kõhulihast, 90 selg.