

3 KYU-DARK BLUE BELT with brown stripe

KIHON

1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki/age-empi-uchi/mae-geri, zkd
4. Soto-uke/yoko-empi-uchi/uraken-uchi/gyaku-tsuki/mae-geri/kizami-tsuki, zkd/kbd/zkd
5. Uchi-uke/kizami-tsuki/gyaku-tsuki/mae-geri/kizami-tsuki/gyaku-tsuki, zkd
6. Shuto-uke/kizami-geri/gyaku-nukite/uraken-uchi/gyaku-empi uchi, kkd/zkd
7. Mawashi-shuto-uchi/gyaku-haito-uchi/age-empi-uchi/gyaku-empi-uchi, zkd
8. Sanbon-mae-geri, zkd
9. Yoko-geri-keage+kekomi, kbd
10. Yoko-geri-kekomi/kaite ushiro-geri, zkd
11. Mawashi-geri/yoko-geri-kekomi, zkd
12. Ura-mawashi-geri, zkd
13. Ushiro-geri (back forward), zkd
14. Mawashi-geri/kaite, ushiro-geri, zkd/hsd/zkd
15. Gyaku-tsuki (with kaite 360, 4 tsuki)
16. Shiho-empi-uchi, zkd
17. Shiho-geri (mae, yoko, ushiro), zkd
18. Okuri-ashi-kizami-tsuki, zkd
19. Okuri-ashi-gyaku-tsuki, zkd
20. Okuri-ashi-kizami-tsuki/oi tsuki,zkd
21. Okuri-ashi-gyaku-tsuki/geri, zkd

KUMITE: JIU-IPPON-KUMITE:

TORI: Oi-tsuki jodan

Oi-tsuki chudan

Yoko-geri chudan

Mawashi-geri jodan

UKE: Blocking and kontr.

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

WKF: Eelmiste vööprogrammide harjutused.

Kizami tsuki kizami uramawashi geri jodan. Kombinatsioonid käed jalad, jalad käed-1 min.

Akrobaatika: Eelmiste vööprogrammide harjutused.

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

ÜKE: 60 käteköverdust, 60 küki, 60 kõhulihast, 60 selg.

