5 KYU- BLUE BELT

KIHON

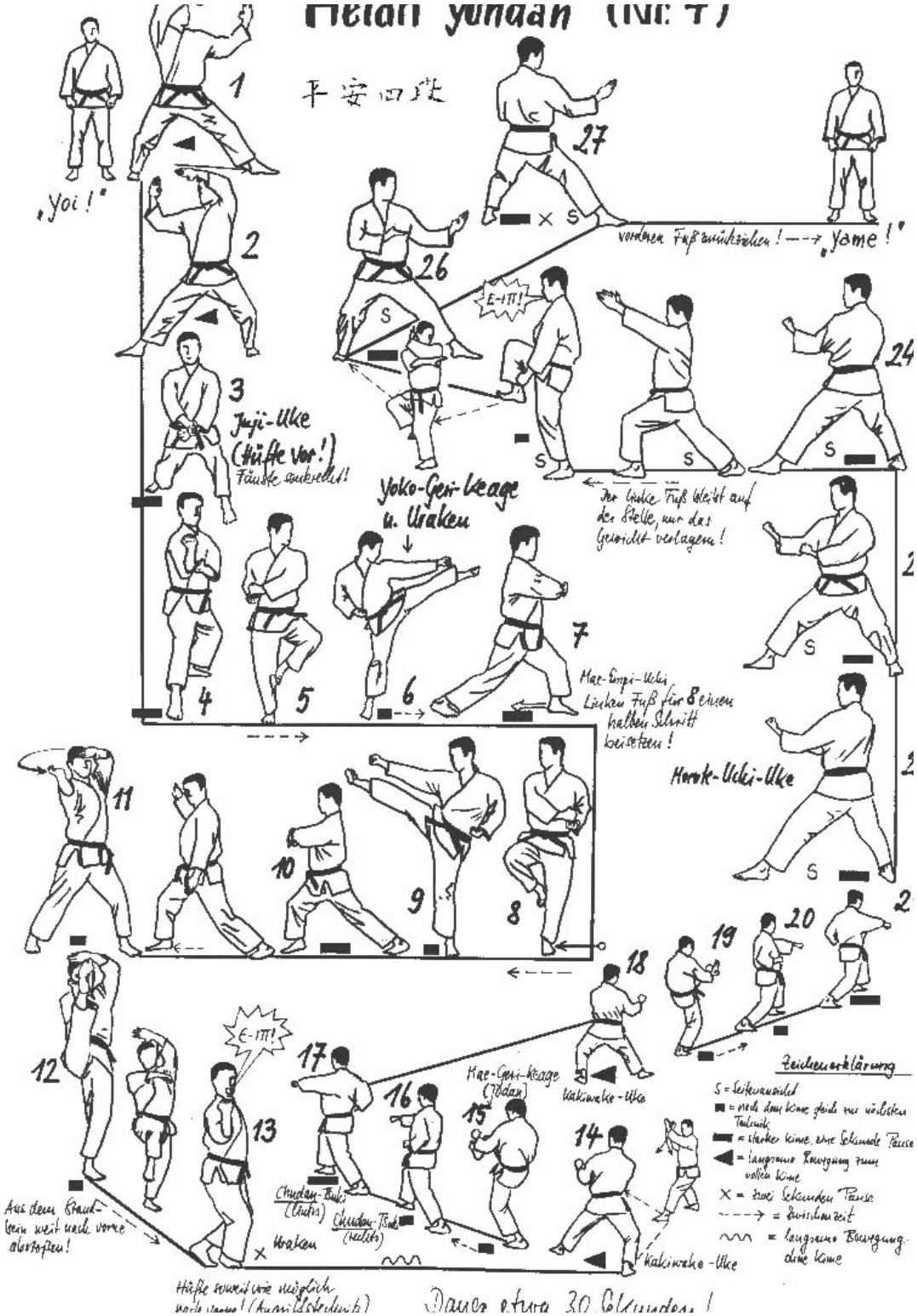
1. Oi-tsuki, zkd
2. Sanbon-tsuki, zkd
3. Age-uke/gyaku-tsuki, zkd
4. Uchi-uke/gyaku-empi-uchi, zkd
5. Soto-uke/yoko-empi-uchi/gyaku-tsuki, zkd/kbd/zkd
6. Shuto-uke/kizami-mae-geri/gyaku-tsuki, kkd/zkd
7. Haito-uchi, zkd
8. Kizami-mae-geri/mae-geri, zkd/hsd/zkd
9. Yoko-geri-keage, kbd
10. Yoko-geri-kekomi, 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: Eelmiste vööprogrammide harjutused.
Kidzami tsuki kidzami mawashi geri jodan. Jaku uramawashi geri jodan. Kidzami uramawashi geri jodan. Jaku tsuki chudan kidzami mawashi geri jodan. Kombinatsioonid jälg-käsi-1 min.

Akrobaatika: Eelmiste vööprogrammide harjutused.

Heited: O-soto-otosi. Tai-otosi.

ÜKE: 50 kätekõverdust, 50 küki, 50 kõhulihast, 50 selg.