

7 KYU- ORANGE BELT

KIHON

1. Oi – tsuki (chudan, jodan), zkd
2. Gyaku-tsuki (chudan, jodan), zkd
3. Age – uke/gyaku-tsuki, zkd
4. Soto-uke/gyaku-tsuki, zkd
5. Uchi-uke/kizami-tsuki/gyaku-tsuki, zkd
6. Shuto-uke/gyaku-nukite, kkd, zkd
7. Uraken-uchi, zkd
8. Mae-geri-keage (chudan, jodan), zkd
9. Mae-geri-kekomi (chudan, jodan), zkd
10. Mae-ren-geri (chudan, jodan), zkd/hsd/zkd
11. Yoko-geri-keage, kbd
12. Yoko-geri-kekomi, kbd
13. Mawashi-geri, zkd

KATA: Heian-NIDAN

KUMITE: SANBON KUMITE (in 3 steps):

1. TORI: Oi-tsuki jodan, Oi-tsuki chudan, Mae-geri chudan, zkd
 UKE: Age-uke, soto-uke, gedan-barai, gyaku-tsuki, zkd
2. TORI: Oi-tsuki jodan, Oi-tsuki chudan, Mae-geri chudan, zkd
 UKE: Age-uke, uchi-uke, gyaku gedan-barai, oi-tsuki, gyaku tsuki, zkd
3. TORI: Oi-tsuki jodan, Oi-tsuki chudan, Mae-geri chudan, zkd
 UKE: Haivan-moroto-uke, moroto-uchi- uke, sukui-uke, gyaku-tsuki, kkd, kkd, kkd, zkd

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

WKF: Hidari Zenkutsu-dachi, mihi Zenkutsu-dachi.
 Liikumine nendes asendites. Edasi-tagasi liikumine.
 Käskluse järgi asendi vahetus. Kõrvale liikumine. Diagonaalne liikumine. Jaku tsuki chudan. Jaku tsuki jodan. Kidzami tsuki jodan. Kidzami tsuki jaku tsuki.
 Topelt jaku tsuki chudan.

Akrobaatika: Kukerpall ettepoole. Tagurpidi Kukerpall. Üle öla kukerpall ja ohutu kukkumine küljele. Ohutu Kukkumine ettepoole-tahapoole. Ohutu kukkumine küljele. Hundiratas.

ÜKE: 30 kätekõverdust, 30 küki, 30 kõhulihast, 30 selg.

