

## 8 KYU-YELLOW 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/gyaku-tsuki, zkd
6. Gedan-barai/gyaku-tsuki, zkd
7. Shuto-uke, kkd
8. Mae-geri-keage (chudan, jodan), zkd
9. Mae-geri-kekomi (chudan, jodan), zkd
10. Yoko-geri-keage, kbd
11. Yoko-geri-kekomi, kbd

KATA: Heian-SHODAN

KUMITE:GOHON KUMITE (in 5 steps):

1. TORI: Oi-tsuki jodan, zkd  
UKE: Age-uke, gyaku-tsuki chudan, zkd
2. TORI: Oi-tsuki chudan, zkd  
UKE: Soto-uke, gyaku-tsuki, zkd
3. TORI: Oi-tsuki chudan, zkd  
UKE: Uchi-uke, gyaku-tsuki, zkd
4. TORI: Mae-geri chudan, zkd  
UKE: Gedan-Barai, gyaku-tsuki, zkd

Zkd-Zenkutsu-dachi

Kkd-Kokutsu-dachi

Kbd-Kiba-dachi

WKF: Hidari Zenkutsu-dachi, mihi Zenkutsu-dachi.

Liikumine nendes asendites. Edasi-tagasi liikumine.

Käskluse järgi asendi vahetus. Jaku tsuki chudan. Jaku tsuki jodan.

Kidzami tsuki jodan.

Akrobaatika: Kukerpall ettepoole. Tagurpidi Kukerpall. Ohutu

Kukkumine ettepoole-tahapoole.

ÜKE: 20 kätökõverdust, 20 küki, 20 kõhulihast.

