

Go-kyu (5.Kyu)

Sinine vöö

Kihon

1. Zenkutsu dachi, sanbon gyaku zuki(jodan chudan chudan).
2. Zenkutsu dachi selg ees, age uke-chudan gyaku zuki.
3. Zenkutsu dachi, chudan soto uke-yoko empi uchi(kiba dachi).
4. Kokutsu dachi selg ees, shuto uke-nukite(zenkutsu dachi).
5. Zenkutsu dachi, chudan uchi uke-chudan gyaku zuki.
6. Zenkutsu dachi selg ees, gedan barai-chudan gyaku zuki.
7. Kiba dachi näoga eksamineerija poole, yoko geri keage.
8. Kiba dachi näoga eksamineerija poole, yoko geri kekomi.
9. Zenkutsu dachi chudan kamae, mawashi geri mawate.
10. Zenkutsu dachi, kizami mae geri- mae geri(erinevate jalgadega).

Kumite Kihon Ippon kumite:

Rünnak: jodan oi zuki, chudan oi zuki, mae geri, mawashi geri, yoko geri.

Kaitse: vaba.

Jiyu-Ippon kumite:

Rünnak: jodan oi zuki, chudan oi zuki.

Kaitse: vaba.

Kata Heian Yondan (Heian Shodan, Heian Nidan,Heian Sandan).