

## **Ik-kyu (1.Kyu)**

### **Pruun vöö**

#### **Kihon**

1. Zenkutsu dachi gedan barai, sanbon zuki.
2. Zenkutsu dachi selg ees, age uke -mae geri(tagumise jalaga).
3. Zenkutsu dachi, soto uke -yoko empi uchi(kiba dachi) -tate uraken uchi- gyaku zuki(zenkutsu dachi).
4. Kokutsu dachi selg ees, chudan shuto uke -kizami mae geri -nukite(zenkutsu dachi).
5. Zenkutsu dachi, chudan uchi uke -kizami zuki(sama käega) -gyaku zuki mawate.
6. Zenkutsu dachi kakiwake gedan barai, ren geri (mae geri -yoko geri kekomi, sama jalaga).
7. Kiba dachi näoga eksamineerija poole, ren geri (yoko geri keage-yoko geri kekomi, erinevad jalad).
8. Zenkutsu dachi chudan kamae, ushiro geri mawate.
9. Zenkutsu dachi chudan kamae, mawashi geri -jodan yoko uraken uchi -gyaku zuki mawate.
10. Zenkutsu dachi chudan kamae, jodan shuto uchi.
11. Koha pealt, sonoba geri (mae geri, yoko geri kekomi, ushiro geri).
12. Kime waza: Oi zuki, mae geri.

#### **Kumite Jiyu-Ippon kumite:**

Rünnak: oi zuki(jodan), oi zuki(chudan), mae geri, yoko geri kekomi, mawashi geri, ushiro geri.

Kaitse: vaba.

**Jiyu-kumite:** 2 vastast 2 minutit.

**Kata** Vaba kata valik: Bassai Dai, Kanku Dai, Jion, Empi (peab oskama ka bunkaid).

Kohustuslik kata: (Heian Shodan, Heian Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan).