

# 1.Kyu (lk kyu)

## Pruun vöö

### Kihon

1. Zenkutsu dachi gedan barai, sanbon gyaku zuki(jodan-chudan-chudan).
2. Zenkutsu dachi selg ees, age uke - mae geri - gyaku zuki(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 kamaete, ushiro geri, mawate.
9. Zenkutsu dachi chudan kamaete, mawashi geri-jodan yoko uraken uchi - gyaku zuki, mawate.
10. Zenkutsu dachi chudan kamaete, 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 Nidan, Heian Sandan, Heian Yondan, Heian Godan, Tekki Shodan.