

## San-kyu (3.Kyu)

### Pruun vöö

#### Kihon

1. Zenkutsu dachi, kizami zuki-sanbon zuki(jodan,chudan,chudan)mawate.
2. Zenkutsu dachi, soto uke-empi uchi(kiba dachi)-tate uraken(kiba dachi).
3. Kokutsu dachi selg ees, chudan shuto uke - nukite (zenkutsu dachi).
4. Zenkutsu dachi kakiwake gedan barai, mae ren geri (jo/ch).
5. Kiba dachi näoga eksamineerija poole, yoko geri keage.
6. Kiba dachi näoga eksamineerija poole, yoko geri kekomi mawate.
7. Zenkutsu dachi chudan kamae, mawashi geri mawate.
8. Zenkutsu dachi chudan kamae, mae geri-chudan oi zuki mawate.
9. Zenkutsu dachi chudan kamae, jodan yoko uraken uchi mawate.
10. Zenkutsu dachi chudan kamae, jodan shuto uchi.

#### Kumite Jiyu-Ippon kumite:

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

Kaitse: vaba.

**Jiyu kumite:** 1 vastane 2 min.

Kata Tekki Shodan (peab oskama ka bunkaid). Kõik 5 Heian katat.