

Yon-kyu (4.Kyu)

Violetne vöö

Kihon

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

Kumite Jiyu-Ippon kumite:

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

Kaitse: vaba.

Jiyu kumite: 1 vastane 1minut.

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