

Hachi-kyu (8.Kyu)

Kollane vöö

Kihon

1. Zenkutsu dachi, jodan oi zuki mawate.
2. Zenkutsu dachi, chudan oi zuki mawate.
3. Zenkutsu dachi, jodan age uke mawate.
4. Zenkutsu dachi, chudan soto uke mawate.
5. Zenkutsu dachi, chudan uchi uke mawate.
6. Zenkutsu dachi, gedan barai mawate.
7. Kokutsu dachi, chudan shuto uke mawate kakiwake gedan bara.
8. Zenkutsu dachi, chudan mae geri.
9. Kiba dachi näoga eksamineerija poole, yoko geri keage.
10. Kiba dachi näoga eksamineerija poole, yoko geri kekomi.

Kumite Gohon kumite:

- 1.Jodan oi zuki / Kaitse: age uke, lõpus gyaku zuki.
- 2.Chudan oi zuki / Kaitse: chudan soto uke, lõpus gyaku zuki.

Kata Heian Shodan