

Ku-kyu (9.Kyu)

Valge vöö musta triibuga

Kihon

1. Asendid: Musubi dachi, hachiji dachi, zenkutsu dachi.
2. Zenkutsu dachi, 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. Zenkutsu dachi, mae geri yame.

Kumite Kihon-ippon kumite:

- 1.Jodan oi zuki / Kaitse: age uke + gyakuzuki.
- 2.Chudan oi zuki / Kaitse: chudan soto uke +gyakuzuki.

Kata Kihon kata (Taikyoku Shodan)