

8. Kyu (Gelb)

Kihon-Ido / Kombinationen

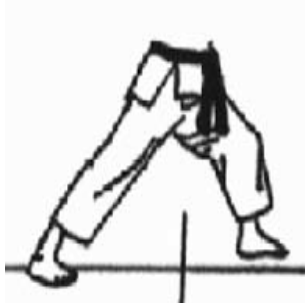
1. Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri (Zenkutsu Dachi)
3. Jodan Oi-Zuki / Chudan Gyaku-Zuki (Zenkutsu Dachi)
4. Chudan Soto-Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
5. Age Uke / Chudan Gyaku-Zuki (Sanchin Dachi)
6. Yoko Uke / Jodan Gyaku-Zuki (Sanchin Dachi)

Kata

Taikyoku (welche ist dem Dojo überlassen)

Kumite

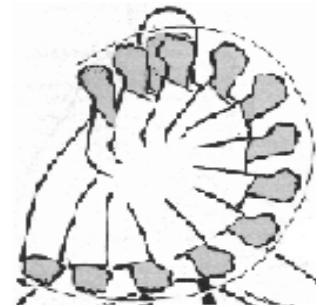
Kihon-Ippon-Kumite



Zenkutsu Dachi



Sanchin Dachi



Haraiotoshi Uke



Age Uke



Yoko Uke



Chudan Gyaku Zuki



Soto-Uke



Oi-Zuki



Mawashi-Geri