



1.Dan – Shodan

1st DAN (SHODAN SENIORS)

Kihon : (I-Kamae te)

-> : Oi-tsuki (zkd) - Jo/Ch
-> : Sanbon-ren-tsuki (zkd)
<- : Age uke (fdd) - mae geri (zkd)
-> : Soto uke (fdd) = yoko empi (kbd) = yoko geri kekomi (kbd) = uraken (fdd) - gyaku tsuki (zkd)
<- : Uchi uke (kkd) = uchi mawashi geri (kkd) = kizame tsuki (zkd)- gyaku tsuki (zkd)
<- : Shuto uke (kkd) = kizame mawashi geri (kkd) - gyaku nukite (zkd)
<- : Gedan kake uke (fdd) = Kizame mae geri (fdd) = Shuto uchi (fdd) - gyaku tsuki (zkd)
-> : Mae geri (zkd) - Mae ren geri (fdd-back)
-> : Mawashi geri (zkd) - Mawashi ren geri (fdd-back)
[] : Yoko geri keage (kbd) - Yoko geri kekomi (kbd-back)
-> : Ushiro geri (zkd)

Kihon : (II-Jiyu ni kamae te)

-> : Mae geri (zkd) - yoko geri kekomi (zkd) - mawashi geri (zkd)- ushiro geri (zkd)
-> : Mae geri (fdd) = yoko geri kekomi (fdd)
-> : Mawashi geri (fdd) = yoko geri kekomi (fdd)
+ : Sanho geri: Mae geri=yoko geri=ushiro geri
+ : Shiho tsuki: 2x4 directions
+ : Gyaku tsuki testcontrole

Kata:

-Heian I to V	-Kanku Dai
-Tekki I	-Jion
-Bassai Dai	-Empi

SINPAN: Fukushima (corner judge)