



5. KYU

Kihon: In Zenkutsu dachi -> Oi tsuki - Jo / Ch -> Gyaku tsuki - Jo / Ch <-> Age uke <-> Soto uke <-> Uchi uke <-> Gedan uke <-> Shuto uke -> Mae geri - kekomi / keage	-> Yoko geri - kekomi [] Yoko geri - kekomi / keage -> Mawashi geri - Jo / Ch -> Sanbon tsuki <-> Empi <-> Uraken -> Nukite <-> Shuto Uchi -> Ushiro geri -> Kizame tsuki	In Neko ashi dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi <- Uraken <- Shuto uchi	In Kokutsu dachi <- Age uke <- Soto uke <- Uchi uke <- Gedan uke <- Shuto uke <- Empi <- Uraken <- Shuto uchi
Renraku: In Fudo dachi/Zenkutsu dachi <-> Age uke - gyaku tsuki <-> Soto uke - gyaku tsuki <-> Uchi uke - gyaku tsuki <-> Gedan uke - gyaku tsuki <-> Shuto uke - gyaku tsuki <-> Shuto uke - gyaku nukite <-> Soto uke = yoko empi (kbd) = uraken - gyaku tsuki -> Mae ren geri -> Yoko geri kekomi = uraken - gyaku tsuki -> Mawashi geri - gyaku tsuki - uraken	-> Oi tsuki = yoko empi (kbd) = uraken - gyaku tsuki <-> Shuto uke - gyaku nukite - shuto uchi	Kata: - Taikioku I - Heian I t/m V. - Tekki I (count)	
Kumite: Kihon gohon kumite - Jo / Ch / Ge Kihon sanbon kumite - Jo 3x / Ch 3x - Jo / Ch / geri Kihon ippon kumite - Jo / Ch / Mae geri /Yoko kekomi / Mawashi geri Sanbon kumite - Jo / Jo / Mae geri - Mae geri - oi tsuki - yoko kekomi Renraku kumite - Jodan / gyaku chudan - Jodan / gyaku jodan - Kizame tsuki / mawashi tsuki - Mae geri / gyaku tsuki			