

1st KYU

(Brown Belt with Two White Stripes)

KIHON

Zenkutsu Dachi / Gedan Barai / Gyaku Zuki

- Forward Oi Zuki Jodan
Backward Age uke / Otoshi Uraken / Gyaku Zuki
Forward (Kamae Te) Tsugi Ashi Maegeri / Ura Ashi Maegeri / Uraken / Gyaku Zuki
Shift weight to back leg. Okinawan Kokutsu Dachi / Gedan Barai / Gyaku Zuki
- Forward Gyaku Zuki Chudan
Backward Uchi Uke / Kizami Zuki / Gyaku Zuki
Forward (Kamae Te) Tsugi Ashi / Yoko Kekomi / Ura Ashi Yoko Kekomi / Uraken / Gyaku Zuki / Shiko Dachi Gedan Barai, Gyaku Zuki (z.dachi)
- Forward Renzuki
Backward Soto Uke / Yoko Empi (Kiba) / Uraken / Gyaku Zuki
Forward (Kamae Te) Tsugi Ashi / Mawashigeri, Ura Ashi Mawashigeri / Uraken / Gyaku Zuki / Shiko Dachi Gedan Barai / Kiba Dachi Kage Zuki / Fudo Dachi Tate Shuto / Z.Dachi Gyaku Zuki
- Forward Sanbon Zuki
Backward Gedan Barai / Uraken / Gyaku Zuki
Forward (Kamae Te) Tsugi Ashi / Uramawashi Geri / Ura Ashi Uramawashi Geri / Uraken / Gyaku Zuki / Step back Sanchin Dachi Mawashi Uke x2 / Tate Shuto Uke Fudo Dachi / Gyaku Zuki Z.dachi
- Forward Tate zuki
Backward Shuto Uke (*Ko.dachi*) / Kizami geri / Nukite (*Zen. dachi*) Jodan Shuto Uchi / Gyaku Shuto Soto Uchi / Age Uke (*Nekoashi dachi*) / Gyaku Zuki
Forward (Kamae Te) Maeashi Yoko Kekomi / Ura Ashi Yoko Kekomi / Maeashi Ushiro Geri / Uraken / Gyaku Zuki / Tsugi Ashi Renzuki

KUMITE

JIYU IPPON KUMITE LINE UP

Oizuki / Kizami / Gyaku Zuki / Uraken / Renzuki / Maegeri / Mawashi Geri / Yoko Geri / Ura Mawashi Geri / Ushiro Geri

PADWORK (60 SEC)

JIYU KUMITE

ビ
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道
場

KATA

- Bassai Dai
- Kanku Dai
- Jion
- Heian oyo Shodan + Bunkai

ビルキルカラ

空手道場

