

3rd KYU

(Brown Belt)

KIHON (renraku waza)

Zenkutsu Dachi / Gedan Barai (4 steps forward & 4 steps back)

Forward –

- Oi Zuki Jodan – Oi Zuki Chudan – Oi Zuki Gedan – Sanbon Zuki – Tate zuki

Backward –

- Age Uke / Uraken / Gyaku Zuki
- Uchi Uke / Kizami Zuki / Gyaku Zuki
- Soto Uke / Yoko Empi (*kiba dachi*) / Gyaku Zuki
- Gedan Barai / Uraken / Gyaku zuki
- Shuto Uke (*Kok.dachi*) / Nukite (*Zen. dachi*) / Jodan Shuto Uchi / Gyaku Shuto Soto Uchi

Forward –

- Maegeri Uraken / Gyaku Zuki
- Mawashi Geri Uraken / Gyaku Zuki
- Yoko Geri Uraken / Gyaku Zuki
- Uramawashi Geri Uraken / Gyaku Zuki
- Ushiro Geri Uraken / Gyaku Zuki

Zenkutsu Dachi

- Tate Empi Uchi 4
- Otoshi Tettsui 4
- Yoko Uraken 4

Gyaku Hanme (Zenkutsu Dachi – Gyaku Zuki)

- Soto Shuto Uchi 4
- Haito Uchi 4
- Keito Uchi 4

Kiba Dachi

- Teisho Uchi 4
- Haishu Uchi 4
- Kakuto Uchi 4

Neko Ashi Dachi

- Kumade Uchi 4
- Seiryuto Uchi 4
- Washide Uchi 4

ビ
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空
手

道
場

KUMITE

JIYU IPPON KUMITE

Jodan / Chudan / Maegeri / Yokogeri / Mawashi Geri / Ura Mawashi Geri / Ushiro Geri

JIYU KUMITE

KATA

- Heian Godan
- Tekki Shodan
- Happon Taikyoku

ビル
キル
カラ

空手
道場

