

# 10:e KYU Orange bälte

## Ställningar

Heisoku Dachi  
Musubi Dachi  
Heiko Dachi  
Uchi Hachi Ji Dachi  
Yoi Dachi  
Fudo Dachi  
Zenkutsu Dachi  
Kamae Dachi

## Slag

Seiken Oi Tsuki  
Jodan, Chudan, Gedan  
Seiken Gyaku Tsuki  
Jodan, Chudan, Gedan  
Seiken Morote Tsuki  
Jodan, Chudan, Gedan

## Blockeringar

Seiken Jodan Uke  
Seiken Mae Gedan Barai

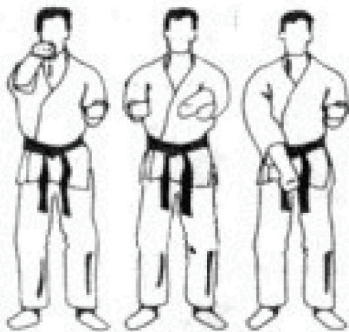
## Sparkar

Hiza Ganmen Geri  
Kin Geri  
Mae Geri Chudan Chusoku

## Kumite

## Fysiskt test

Armhävningar x  
Situps x  
Benböj x



Seiken Oi Tsuki  
Jodan Chudan Gedan



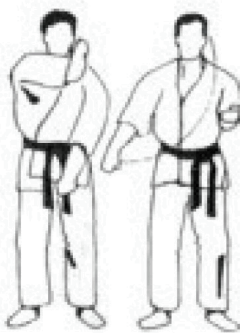
Seiken Gyaku Tsuki  
Gedan Jodan



Seiken Morote Tsuki  
Gedan



Seiken Jodan Uke



Seiken Mae Gedan Barai



Kamae Dachi



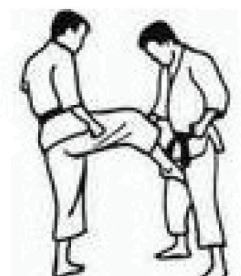
Zenkutsu Dachi



Mae Geri  
Chudan Chusoku



Hiza Ganmen Geri



Kin Geri