

8:e KYU Blått bälte

Ställningar

Kiba Dachi

Sparkar

Teisoku Mawashi Soto Keage

Haisoku Mawashi Uchi Keage

Jodan Mawashi Geri

Haisoku, Chusoku

Slag

Shita Tsuki

Jun Tsuki

Jodan, Chudan, Gedan

Tate Tsuki

Jodan, Chudan, Gedan

KATA

Taikyoku Sono San

Blockeringar

Seiken Morote Chudan Uchi Uke

Seiken Chudan Uchi Uke/ Gedan Barai

Fysiskt test

Armhävningar x

Situps x

Benböj x



Shita Tsuki



Jun Tsuki Chudan



Tate Tsuki Chudan



Morote Chudan Uchi Uke



Uchi Uke Gedan Barai



Jodan Mawashi Geri Chusoku



Jodan Mawashi Geri Haisoku



Haisoku Mawashi Uchi Keage



Teisoku Mawashi Soto Keage