

7:e KYU Blått bälte med gult streck

Ställningar

Neko Ashi Dachi
Tsuru Ashi Dachi

Sparkar

Kansetsu Geri
Sokuto Yoko Keage

Andningsteknik
Ibuki Sankai

Slag

Tettsui Komi Kami Uchi
Tettsui Oroshi Ganmen Uchi
Tettsui Hizo Uchi
Tettsui Yoko Uchi
Jodan, Chudan, Gedan

Kata

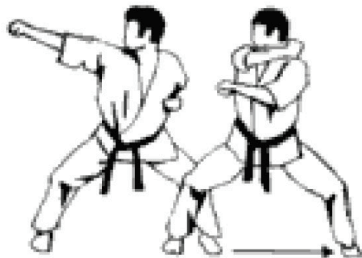
Pinan Sono Ichi

Blockeringar

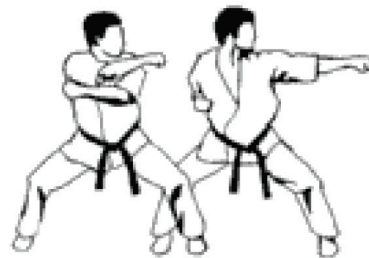
Seiken Mawashi Gedan Barai
Shuto Mawashi Uke

Fysiskt test

Armhävningar	x
Situps	x
Benböj	x



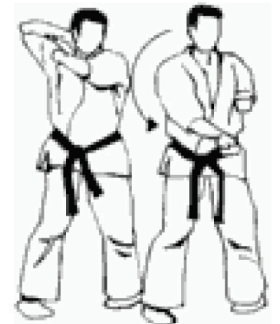
Tettsui Yoko Uchi Jodan



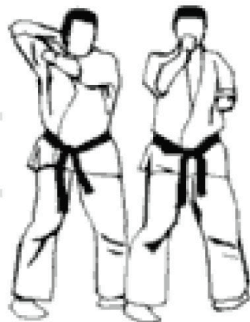
Tettsui Yoko Uchi Chudan



Tettsui Yoko Uchi Gedan



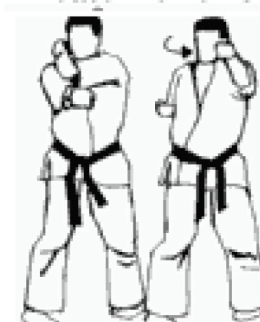
Tettsui Hizo Uchi



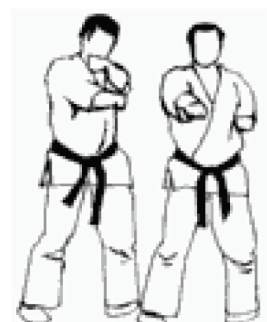
Tettsui Oroshi Gammen Uchi



Tettsui Komi Kami



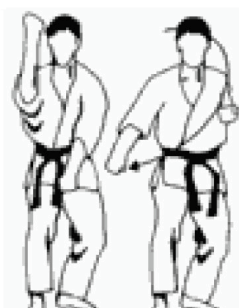
Tettsui Mae Yoko Uchi
Jodan



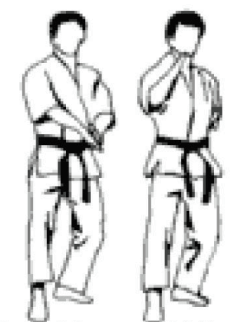
Tettsui Mae Yoko Uchi
Chudan



Tettsui Mae Yoko Uchi
Gedan



Seiken Mawashi
Gedan Barai



Seiken Mawashi Uke



Kansetsu Geri



Sokuto Yoko Keage