

3:e KYU Grönt bälte med brunt streck

Ställningar

Kake Dach

Sparkar

Mae Kakato Geri
Jodan, Chudan, Gedan

Kake Geri (Kakato, Teisoku)
Jodan, Chudan, Gedan

Slag

Jodan Hiji Ate
Chudan Hiji Ate
Age Hiji Ate (Jodan, Chudan)
Ushiro Hiji Ate
Oroshi Hiji Ate

Kata

Pinan Sono Yon

Blockeringar

Shuto Juji Uke (Jodan, Gedan)

Fysiskt test

Armhävningar	50
Situps	70
Benböj	70



Kake Dach



Jodan Hiji Ate



Chudan Hiji Ate



Age Hiji Ate (Jodan, Chudan)



Ushiro Hiji Ate



Oroshi Hiji Ate



Shuto Juji Uke Jodan



Shuto Juji Uke Gedan



Mae Kakato Geri Jodan



Mae Kakato Geri Chudan



Mae Kakato Geri Gedan



Kake Geri Kakato (Jodan, Chudan, Gedan)



Kake Geri Teisoku (Jodan, Chudan, Gedan)