

1:e KYU Brunt bälte med svart streck

Slag

Ryuto Ken Tsuki

Jodan, Chudan

Naka Yubi Ippon Ken Tsuki

Jodan, Chudan

Oya Yubi Ken Uchi

Jodan, Chudan, Gedan

Hitosashi Yubi Ippon Ken Tsuki

Jodan, Chudan

Blockeringar

Kake Uke (Jodan, Chudan)

Chudan Haito Uchi Uke

Sparkar

Jodan Uchi Haisoku Geri

Oroshi Uchi Kakato Geri

Oroshi Soto Kakato Geri

Tobi Yoko Geri

Fysiskt test

Armhävningar 70

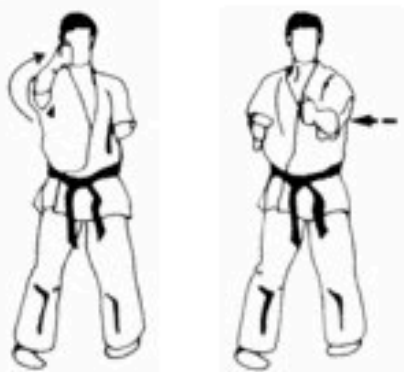
Situps 100

Benböj 100

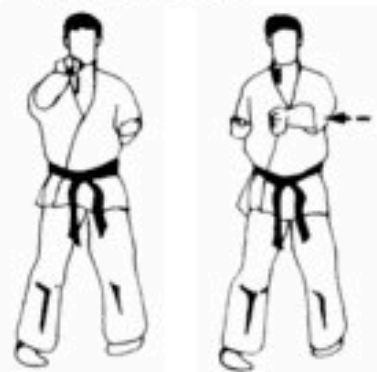
Kata

Yantsu

Tsuki No Kata



Ryuto Ken Tsuki (Jodan, Chudan)



Naka Yubi Ippon Ken Tsuki
(Jodan, Chudan)



Oya Yubi Ken Uchi
(Jodan, Chudan, Gedan)



Kake Uke (Jodan, Chudan)



Chudan Haito Uchi Uke



Jodan Uchi Haisoku Geri



Oroshi Uchi Kakato Geri



Oroshi Soto Kakato Geri



Tobi Yoko Geri