



8. KYU

Kihon:

In Zenkutsu dachi/Fudo dachi

- > Oi tsuki - Jo / Ch.
- > Gyaku tsuki - Jo / Ch.
- <- Age uke
- <- Soto uke
- <- Uchi uke
- <- Gedan uke
- <- Shuto uke
- > Mae geri - Kekomi / Keage
- [] Yoko Geri - Kekomi / Keage

In Neko ashi dachi

- <- Age uke
- <- Soto uke
- <- Uchi uke
- <- Gedan uke

In Kokutsu dachi

- <- Age uke
- <- Soto uke
- <- Uchi uke
- <- Gedan uke

- Moving forward with chudan-oizuki from zenkutsu-dachi with gedan-barai.
- From zenkutsu-dachi with gedan-barai move backward with age uke.
- From zenkutsu-dachi with gedan-barai move forward with chudan-soto-uke.
- Change to kokutsu-dachi and move backward with shuto-uke.
- Change to zenkutsu-dachi with gedan-barai and move forward with chudan uchi-uke.
- Turn around with gedan-barai and move forward with maegeri.
- Turn around and step into kiba-dachi.
- From kiba-dachi move sideways with yoko-keage andr return in the same way but using the other leg to kick. -
The same for yoko-kekomi.

Renraku :

- <-> Zenkutsu dachi
- <-> Kokutsu dachi
- [] Kiba dachi
- <-> Neko ashi dachi

Kata:

- Taikioku I
- Heian I
- Heian II (count)

Kumite:

- Kihon Gohon Kumite: Jo / Ch / Ge
- Kihon Ippon : Jo / Ch