

7e kyu - gele band

KIHON

1.		Z.K.D.	Oi Zuki Jodan
2.		Z.K.D.	Oi Zuki Chudan
3.		Z.K.D.	Oi Zuki Gedan
4.		Z.K.D.	Sanbon Zuki
5.		Z.K.D.	Gyaku Zuki
6.	 	Z.K.D.	Age Uke x Gyaku Zuki
7.	 	Z.K.D.	Soto Uke x Gyaku Zuki
8.	 	Z.K.D.	Uchi Uke x Gyaku Zuki
9.	 	Z.K.D.	Gedan Barai x Gyaku Zuki
10.		Z.K.D.	Tetsui Uchi
11.		Z.K.D.	Yoko Uraken Uchi
12.		K.K.D.	Shuto Uke
13.		Z.K.D.	Nukite
14.		Z.K.D.	Mae Geri
15.		K.B.D.	Yoko Geri Keage
16.		H.D.	Yoko Geri Fumikomi

KATA

Taikyoku Shodan
Heian Shodan

KUMITE

Ippon Kumite

Aanval:

Oi Zuki Jodan
Oi Zuki Chudan
Mae Geri

Blokkering:

Age Uke
Soto Uke
Gedan Barai

Tegenaanval:

Gyaku Zuki
Gyaku Zuki
Gyaku Zuki

STANDEN

Zenkutsu Dachii (Z.K.D.)
Kokutsu Dachii (K.K.D.)
Kiba Dachii (K.B.D.)
Hachi Dachii (H.D.)

Belangrijk is Zenkutsu Dachii Knie boven de voet, Hielen op de grond en op conditie meekomen