

7. Kyu (Orange)

Kihon-Ido / Kombinationen

1. Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Jodan Oi-Zuki / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Chudan Soto-Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
4. Gedan Kansetsu-Geri (Sanchin Dachi)
5. Age Uke / Chudan Gyaku-Zuki (Sanchin Dachi)
6. Yoko Uke / Jodan Gyaku-Zuki (Sanchin Dachi)

Kata

Taikyoku (welche ist dem Dojo überlassen)

Gekisai Dai Ichi

Kumite

Kihon-Ippon-Kumite



Zenkutsu Dachi



Sanchin Dachi



Haraiotoshi Uke



Age Uke



Yoko Uke



Soto-Uke



Gyaku Zuki



Oi-Zuki



Kansetsu-Geri