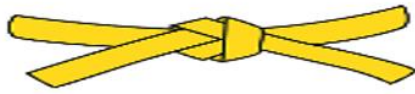


6 Kyu



Dachi (stillinger)



Tsuki (slag)



Uke (blokkeringer)



Geri (spark)



Kata

Pinan Sono Ni: <https://www.youtube.com/watch?v=MrhFuHpj0MA>

Kumite

Jiju Kumite (frifighting)

Elevene må kunne vise bevegelsene i Tsuru Ashi Dachi og utføre sidespark.