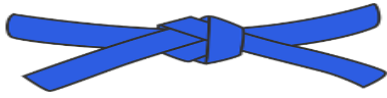


7 Kyu

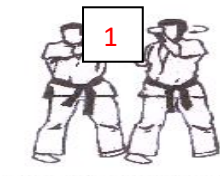


Dachi (stillinger)

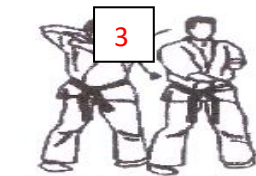


Tsuki (slag)

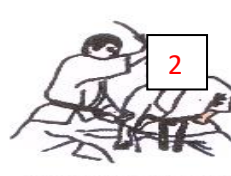
Tsuki - Golpes de puño/brazo



TETTSUI KOMI KAMI



TETTSUI HIZO UCHI



TETTSUI OROSHI
GANMEN UCHI



TETTSUI YOKO
UCHI (JODAN)



TETTSUI YOKO
UCHI (TSUDAN)



TETTSUI YOKO
UCHI (GEDAN)



TETTSUI YOKO
UCHI MAE

4 NB! (J,C,G)



Uke (Blokkeringer)



Geri (spark)



Kata:

Katas Pinon Sono Ichi: <https://www.youtube.com/watch?v=CFV6fhHpEcs>

Pusteøvelser: Ibuki Sankai

Kumite:

Jiju Kumite (frifighting)

Alle slag og spark skal kunne utføres i Kiba Dachi og Zenkutsu Dachi