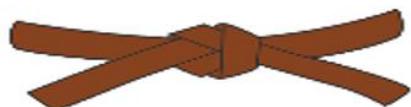


1 Kyu



Estas son las condiciones, entre otras, para superar el 1 Kyu.

Tsuki (slag)



RYUTO KEN TSUKI (U/TS)



NAKAYUBI IPPON KEN (U/TS)

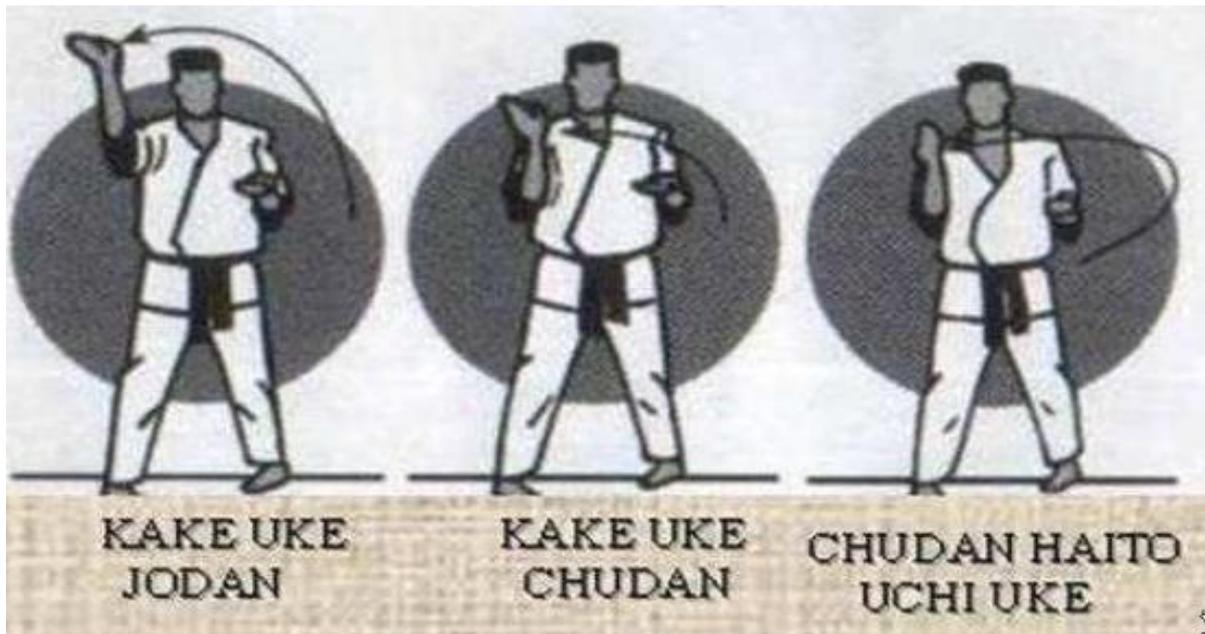


OYAYUBI IPPON KEN (U/TS)



HITOSASHIYUBI IPPON KEN (U/TS)

Uke (blokkering)



Geri (spark)



Kata

Yantsu: <https://www.youtube.com/watch?v=Qq0NI0TfOWI>

Tsuki No Kata: <https://www.youtube.com/watch?v=wcieC2HfnLY>

Kumite

Jiju Kumite (frifighting)