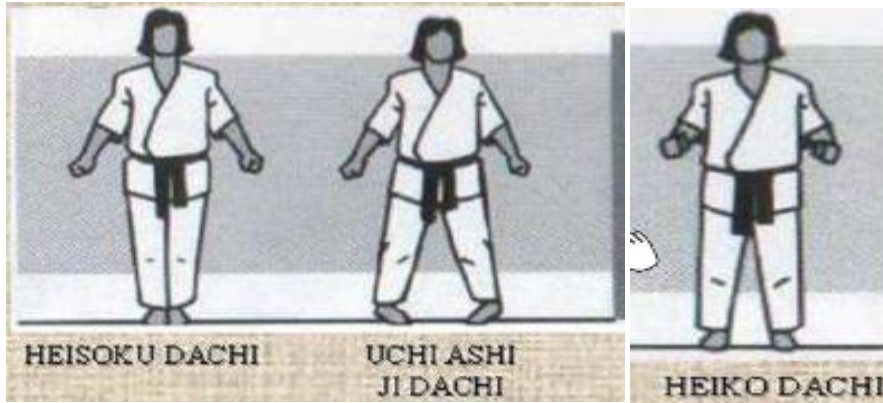


# 4 Kyu



Estas son las condiciones, entre otras, para superar el 4 Kyu.

## Dachi (stillingen)



## Tsuki (slag)



## Uke (blokkeringer)



## Geru (spark)



## Kata

Sanchin no kata: [https://www.youtube.com/watch?v=VS\\_Ayjecfd8](https://www.youtube.com/watch?v=VS_Ayjecfd8)

Sokugi Taikyoku Sono Ichi: <https://www.youtube.com/watch?v=WfEYcnmT7M4>

Sokugi Taikyoku Sono Ni: <https://www.youtube.com/watch?v=Wzt67oht68E>

Sokugi Taikyoku Sono San: [https://www.youtube.com/watch?v=dEB\\_LMZdMu4](https://www.youtube.com/watch?v=dEB_LMZdMu4)

## Kumite

Jiju Kumite (sparring)