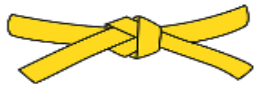


5 Kyu

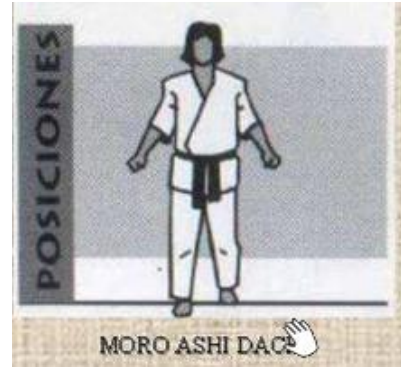


Estas son las condiciones, entre otras, para superar el 5 Kyu.

Dachi - Posiciones



**MORO ASHI
DACHI**



Tsuki (slag)



Uke (blokkeringer)



Geru (spark)



Kata

Pinan Sono San: <https://www.youtube.com/watch?v=rgEf9ErKUXo>

Kumite

Jiju Kumite (frifighting)

Elevene må kunne bevegelse i Moro Ashi Dachi.

Eksempler: 1) I Moro Ashi Dachi: Bevegelse fremover og bakover, vending.

Eks.: Stilling + Chudan Uchi Uke

2) Stilling + Seiken Chudan Sanbon Tsuki