

YONDAN - SENIORS

Kata : Heian I up to V, Tekki I up to III, Bassai Dai, Kanku Dai, Jion, Empi, Hangetsu, Gankaku, Jitte, Bassai Sho, Kanku Sho, Jiin, Sochin, Nijushiho .
Bunkai of the 15 Shoto-kata + Bunkai Tokui kata

Tokui Kata

Kumite : Minimum 2 fights.

Selfdefence against : 3 x grabbing, 3 x knife- and 3 x stickattack

Report about tokui-waza and explanation to higher grades.