

4^e kyu – blauwe band

KATA : Heian IV

KIHON: (I)

- 1. Oi tsuki (jo) en (ch) zkd
- 2. Gizame tsuki / oi tsuki (jo) (ch) zkd
- 3. Sanbon tsuki (jo) // + (ch) / (ch) zkd
- ← 4. Age uke – gyaku tsuki (ch) zkd
- 5. Soto uke = Enpi (ch) zkd + kbd
- ← 6. Uchi uke – gyaku tsuki (ch) kkd + zkd
- ← 7. Shuto uke – nukite (ch) kkd + zkd
- 8. Mae geri (jo) zkd
- 9. Yoko geri keage (jo) kbd
- 10. Yoko geri kekomi (ch) kbd
- 11. Mawashi geri (jo) zkd
- * 12. Ushiro geri (ch) heisokudachi

• KIHON (II)

- 13. Mae ren geri (jo) - / (ch) fdd
- 14. Mae geri – Mawashi geri (ch) – (jo) fdd
- 15. Yoko geri kekomi (ch) fdd

• KUMITE = kihon ippon kumite

Aanval

Oi tsuki (jo) en (ch)
Mae geri (ch)
Yoko geri kekomi (ch)
Mawashi geri (ch)
Ushiro geri (ch)

Verdediging

Op elke hoogte aanval 2 verschillende verdedigingen:
waarbij ook meervoudige tegenaanval wenselijk is (III)