

5^e kyu – groene band

KATA: Heian III

KIHON: (II)

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

* Kumite: **Kihon ippon kumite.**

Hier geldt hetzelfde als bij 6^e kyu

Oi tsuki (jo) en (ch)

Mae geri (ch)

Yoko geri kekomi (III)