

## 6<sup>e</sup> kyu – oranje band

KATA : Heian II

KIHON: (I)

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

\*Kumite

### **A. Kihon Ippon Kumite**

Oi tsuki (jo) en (ch)

Gyaku tsuki (jo) en (ch)

Mae geri (ch)

Op elke hoogte aanval op 2  
verschillende manieren ver-  
dedigen tegenaanval vrij (III)

### **B. Sanbon (3 steps) Kumite** (en/of gohon kumite)

Oi tsuki (jo) en (ch)

Mae geri (ch)

3 maal dezelfde verdediging  
tegenaanval vrij (III)