

VYÖKOETEKNIIKAT

5. KYU (KELTAINEN)

KIHON

1. Chudan soto uke (naihanchi-dachi)
2. Chudan uchi uke (naihanchi-dachi)
3. Junzuki
4. Gyakuzuki
5. Maegeri chudan
6. Surikomi maegeri chudan
7. Sokuto fumikomi
8. Junzuki jodan – gyakuzuki chudan
9. Maegeri chudan – gyakuzuki chudan



KUMITE

1. Sambon kumite chudan uke 1-2

KATA

1. Pinan Nidan

4. KYU (ORANSSI)



KIHON

1. Chudan soto uke (naihanchi-dachi)
2. Chudan uchi uke (naihanchi-dachi)
3. Jodan uke (naihanchi-dachi)
4. Gedan barai (naihanchi-dachi)
5. Junzuki
6. Gyakuzuki
7. Kette junzuki
8. Kette gyakuzuki
9. Maegeri chudan
10. Mawashigeri chudan
11. Sokuto chudan
12. Maegeri chudan – sokuto fumikomi – gyakuzuki yodan

KATA

1. Pinan Shodan
2. Pinan Nidan

KUMITE

1. Sanbon kumite jodan uke 1-2
2. Sanbon kumite chudan maegeri uke 1-3

3. KYU (VIHREÄ)

KIHON

1. Junzuki
2. Gyakuzuki
3. Kette junzuki
4. Kette gyakuzuki
5. Junzuki no tsukkomi
6. Gyakuzuki no tsukkomi
7. Maegeri chudan
8. Surikomi mawashigeri
9. Ushirogeri chudan
10. Gyakuzuki jodan – soto uke chudan – mawashigeri chudan



KATA

1. Pinan Sandan
2. Pinan Yondan

KUMITE

1. Sanbon kumite jodan uke 3-4
2. Sanbon kumite chudan maegeri uke 4-6
3. Ohyo kumite 1-2
4. Jiyu kumite

2. KYU (SININEN)

KIHON

1. Junzuki
2. Gyakuzuki
3. Kette junzuki
4. Kette gyakuzuki
5. Junzuki no tsukkomi
6. Gyakuzuki no tsukkomi
7. Kette junzuki no tsukkomi
8. Kette gyakuzuki no tsukkomi
9. Tobikomizuki
10. Maegeri chudan
11. Sokuto chudan
12. Mawashigeri chudan – ushirogeri chudan– gyakuzuki chudan



KATA

1. Pinan Godan
2. Naihanchi

KUMITE

1. Sanbon kumite jodan uke 1, 4
2. Sanbon kumite chudan maegeri uke 2, 5
3. Ohyo kumite 3-4
4. Kihon kumite 1
5. Jiyu kumite

1. KYU (RUSKEA)

KIHON

1. Junzuki
2. Gyakuzuki
3. Kette junzuki
4. Kette gyakuzuki
5. Junzuki no tsukkomi
6. Gyakuzuki no tsukkomi
7. Kette junzuki no tsukkomi
8. Kette gyakuzuki no tsukkomi
9. Tobikomizuki
10. Tobi-nagashizuki
11. Maegeri chudan
12. Mawashigeri chudan
13. Sokuto chudan

KATA

1. Kushanku

KUMITE

1. Ohyo kumite 5
2. Kihon kumite 1, 2, 3
3. Jiyu kumite

