

Vyökoe tekniikat



Valkoinen ja merkki (12. mon)

Kihon

Chudan soto uke (naihanchi-dachi)

Maegeri chudan

Junzuki chudan

Mawatte

Kata

Pinan nidan

Kumite

Sanbon kumite chudan uke 1

Keltainen (11. mon)

Kihon

Chudan soto uke (naihanchi-dachi)

Chudan uchi uke (naihanchi-dachi)

Junzuki

Gyakuzuki

Maegeri chudan

Surikomi maegeri chudan

Junzuki jodan – gyakuzuki chudan

Kata

Pinan Nidan

Kumite

Sanbon kumite chudan uke 1

Keltainen ja merkki (10. mon)

Kihon

Chudan soto uke (naihanchi-dachi)

Chudan uchi uke (naihanchi-dachi)

Junzuki

Gyakuzuki

Maegeri chudan

Sokuto fumikomi

Maegeri chudan – gyakuzuki chudan

Kata

Pinan Nidan

Kumite

Sandon kumite chudan uke 1-2

Oranssi (9. mon)

Kihon

Chudan soto uke (naihanchi-dachi)

Chudan uchi uke (naihanchi-dachi)

Jodan uke (naihanchi-dachi)

Gedan barai (naihanchi-dachi)

Junzuki

Gyakuzuki

Kette junzuki

Maegeri chudan

Mawashigeri chudan

Mawashigeri Chudan – Gyakuzuki Chudan

Kata

Pinan Shodan

Kumite

Sanbon kumite jodan uke 1

Sanbon kumite chudan maegeri uke 1

Oranssi ja merkki (8. mon)

Kihon

Chudan soto uke (naihanchi-dachi)

Chudan uchi uke (naihanchi-dachi)

Jodan uke (naihanchi-dachi)

Gedan barai (naihanchi-dachi)

Junzuki

Gyakuzuki

Kette Gyakuzuki

Maegeri chudan

Sokuto chudan

Maegeri chudan – sokuto fumikomi – gyakuzuki yodan

Kata

Pinan Shodan

Kumite

Sanbon kumite jodan uke 2

Sanbon kumite maegeri uke 2-3

Vihreä (7. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no tsukkomi

Maegeri chudan

Surikomi mawashigeri

Gyakuzuki jodan – soto uke chudan – mawashigeri chudan

Kata

Pinan Sandan

Kumite

Sanbon kumite jodan uke 3-4

Ohyo kumite 1

Vihreä ja merkki (6. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Gyakuzuki no tsukkomi

Maegeri chudan

Ushirogeri

Gedan Barai - Gyakuzuki Jodan – Surikomi Sokuto Chudan

Kata

Pinan Yondan

Kumite

Sanbon kumite chudan maegeri uke 4-6

Ohyo kumite 2

Sininen (5. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no tsukkomi

Gyakuzuki no tsukkomi

Kette Junzuki no tsukkomi

Kette Gyakuzuki no tsukkomi

Maegeri chudan

Sokuto chudan

Mawashigeri chudan – ushirogeri chudan – gyakuzuki chudan

Kata

Pinan Godan

Kumite

Sanbon kumite jodan uke 1, 4

Ohyo kumite 3

Sininen ja merkki (4. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no tsukkomi

Gyakuzuki no tsukkomi

Kette Junzuki no tsukkomi

Kette Gyakuzuki no tsukkomi

Tobikomizuki

Gedan Barai – Mawashigeri Yodan – Gyakuzuki Chudan

Kata

Naihanchi

Kumite

Sanbon kumite chudan uke 2, 5

Ohyo kumite 4

Kihon kumite 1

Ruskea (3. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no tsukkomi

Gyakuzuki no tsukkomi

Kette Junzuki no tsukkomi

Kette Gyakuzuki no tsukkomi

Tobikomizuki

Tobi-nagashizuki

Maegeri chudan

Mawashigeri chudan

Junzuki Yodan – Gyakuzuki Chudan – Gedan Barai – Surikomi Uramwashigeri Yodan –

Gyakuzuki Chudan

Kata

Kushanku

Kumite

Ohyo kumite 5

Kihon kumite 1

Ruskea ja merkki (2. mon)

Kihon

Junzuki

Gyakuzuki

Kette Junzuki

Kette Gyakuzuki

Junzuki no tsukkomi

Gyakuzuki no tsukkomi

Kette Junzuki no tsukkomi

Kette Gyakuzuki no tsukkomi

Tobikomizuki

Tobi-nagashizuki

Maegeri chudan

Kata

Kushanku

Kumite

Kihon kumite 1-3