



## 4. KYU

<p><b>Kihon:</b>  In Zenkutsu dachi  -&gt; Oi tsuki - Jo / Ch  -&gt; Gyaku tsuki - Jo / Ch  &lt;-&gt; Age uke  &lt;-&gt; Soto uke  &lt;-&gt; Uchi uke  &lt;-&gt; Gedan uke  &lt;-&gt; Shuto uke  -&gt; Mae geri - kekomi / keage  -&gt; Yoko geri - kekomi</p>	<p>[ ] Yoko geri - kekomi / keage  -&gt; Mawashi geri - Jo / Ch  -&gt; Sanbon tsuki  &lt;-&gt; Empi  &lt;-&gt; Uraken  -&gt; Nukite  &lt;-&gt; Shuto uchi  -&gt; Ushiro geri  -&gt; Kizame tsuki  -&gt; Ura mawashi geri  -&gt; Uchi mawashi geri</p>	<p>In Neko ashi dachi  &lt;- Age uke  &lt;- Soto uke  &lt;- Uchi uke  &lt;- Gedan uke  &lt;- Shuto uke  &lt;- Empi  &lt;- Uraken  &lt;- Shuto uchi</p>	<p>In Kokutsu dachi  &lt;- Age uke  &lt;- Soto uke  &lt;- Uchi uke  &lt;- Gedan uke  &lt;- Shuto uke  &lt;- Empi  &lt;- Uraken  &lt;- Shuto uchi</p>
<p><b>Renraku:</b>  In Fudo dachi/Zenkutsu dachi  &lt;-&gt; Age uke - gyaku tsuki  &lt;-&gt; Soto uke - gyaku tsuki  &lt;-&gt; Uchi uke - gyaku tsuki  &lt;-&gt; Gedan uke - gyaku tsuki  &lt;-&gt; Shuto uke - gyaku tsuki  &lt;-&gt; Shuto uke - gyaku nukite  &lt;-&gt; Soto uke = yoko empi (kbd) =  uraken - gyaku tsuki  -&gt; Mae ren geri (zkd)  -&gt; Yoko geri kekomi - uraken -  gyaku tsuki  -&gt; Mawashi geri - gyaku tsuki -  uraken  -&gt; Oi tsuki = yoko empi (kbd) =  uraken - gyaku tsuki  &lt;-&gt; Shuto uke - gyaku nukite -  shuto uchi  &lt;-&gt; Uchi uke = kizame tsuki - gyaku  tsuki  &lt;-&gt; Uchi uke = kizame tsuki - gyaku  tsuki  &lt;-&gt; Shuto uke = kizame geri - gyaku  nukite  -&gt; Kizame tsuki (zkd) - oi tsuki  (zkd)  -&gt; Mae geri (zkd) = kizame tsuki  (zkd)- gyaku tsuki (zkd)</p>		<p><b>Kata:</b>  - Taikioku I  - Heian I t/m V  - Tekki I  - Bassai Dai (count)</p>	
<p><b>Kumite :</b> Kihon gohon kumite - Jo / Ch / Ged.  Kihon sanbon kumite - Jo 3x / Ch 3x / Jo -Ch - Mae geri  Kihon ippon kumite - Jo / Ch / Mae geri / kekomi /  Mawashi ushiro  Sanbon kumite - Jo / Jo / Mae geri  - Mae geri / oi tsuki / yoko kekomi  Renraku kumite - Mawashi / yoko kekomi / ushiro  - Jodan / gyaku chudan  - Jodan / gyaku jodan  - Kizame tsuki / mawashi tsuki  - Mae geri / gyaku tsuki  - Jodan / mae geri  - Kizame tsuki / yoko kekomi  Ippon + Jiyu ippon kumite - Jo/Ch/Mae geri</p> <p>Kumite (sparring) - Kaeshi ippon kumite (both sides) : -Jodan - Chudan - Maegeri</p>			