KIHON – 6th Kyu – 2nd DAN

MIGI SANCHIN DACHI

1. Seiken Oi Tsuki (J/C/G)
2. Uraken Ganmen Uchi
3. Uraken Sayu Ganmen Uchi
4. Uraken Hizo Uchi
5. Uraken Mawashi Uchi
6. Uraken Oroshi Ganmen Uchi
7. Seiken Shita Tsuki
8. Seiken Ago Uchi
9. Seiken Kagi/Kake Tsuki
10. Seiken Tate Tsuki (J/C/G)
11. Age Jodan Tsuki
12. Seiken Morote Tsuki (J/C/G)
13. Yama Tsuki

HIDARI SANCHIN DACHI

1. Seiken Jodan Uke
2. Seiken Chudan Soto Uke
3. Seiken Uchi Uke
4. Seiken Mae Gedan Barai
5. Mawashi Gedan Barai
6. Juji Gedan Barai
7. Morote Chudan Uchi Uke
8. Uchi Uke Gedan Barai
9. Shuto Jodan Uke
10. Shuto Chudan Soto Uke
11. Shuto Chudan Uchi Uke
12. Shuto Jodan Uchi Uke
13. Shuto Mae Gedan Barai
14. Gedan Shuto Morote Uke
15. Shuto Yoko Ganmen Uchi
16. Shuto Sakotsu Uchi
17. Shuto Sakotsu Uchi Komi
18. Shuto Jodan Uchi Uchi
19. Shuto Hizo Uchi
20. Seiken/Shuto Juji Uke (J/G)
21. Chudan Haito Uchi Uke
22. Haito Uchi (J/C/G)
23. Morote Haito Uchi Uke
24. Morote Haito Uchi (J/C)
25. Haishu Uchi (J/C)
26. Mae Shuto Mawashi Uke

MORO ASHI DACHI

1. Kake Uke (J/C)
2. Morote Kake Uke
3. Shotei Uchi (J/C/G)

4. Shotei Uke (J/C/G)
5. Gedan Shotei Morote Uke
6. Koken Uchi (J/C/G)
7. Koken Uke (J/C/G)
8. Hira Ken Tsuki (J/C)
9. Hira Ken Oroshi Uchi
10. Hira Ken Mawashi Uchi
11. Keiko Uchi
12. Toho Uchi
13. Ryuto Ken Tsuki (J/C)
14. Nakayubi Ippon Ken (J/C)
15. Oyayubi Ippon Ken (J/C)
16. Hitosashi Yubi Ippon Ken (J/C)

KIBA DACHI

1. Tettsui Komi Kami
2. Tettsui Oroshi Ganmen Uchi
3. Tettsui Hizo Uchi
4. Tettsui Yoko Uchi (J/C/G) Mae
5. Tettsui Yoko Uchi (J/C/G)
6. Hiji Ate (J/C)
7. Age Hiji Ate (J/C)
8. Oroshi Hiji Ate
9. Ushiro Hiji Ate
10. Mae Hiji Ate (J/C)
11. Hiji Uke
12. Osae Uke
13. Nihon Nukite
14. Yonhon Nukite (J/C)

DACHI KATA

1. Heisoku Dachi
2. Musubi Dachi
3. Heiko Dachi
4. Soto Ashi Dachi
5. Uchi Hachiji Dachi
6. Sanchin Dachi
7. Moro Ashi Dachi
8. Kokutsu Dachi
9. Neko Ashi Dachi
10. Kake Ashi Dachi
11. Zenkutsu Dachi
12. Kiba Dachi
13. Shiko Dachi
14. Tsuru Ashi Dachi

GERI WAZA - FUDO DACHI

1. Mae Keage
2. Mae Geri (J/C/G)
3. Ago Jodan Geri
4. Mawashi Geri (J/C/G)
5. Jodan Uchi Heisoku Geri

6. Uchi Mawashi Keage
7. Soto Mawashi Keage
8. Oroshi Uchi Kakato Geri
9. Oroshi Soto Kakato Geri
10. Kake Geri (J/C/G) Mae
11. Kakato Geri (J/C/G)

GERI WAZA -FUDO DACHI YON DUU GO

1. Yoko Keage
2. Kansetsu Geri
3. Yoko Geri (J/C)
4. Age Kakato Ushiro Geri
5. Ushiro Yoko Geri
6. Hiza Geri
7. Kin Geri

GERI WAZA - Kumite Dachi

1. Tobi Mae Geri
2. Yoko Tobi Geri
3. Tobi Nidan Geri
4. Mawashi Tobi Geri
5. Ushiro Tobi Geri
6. Ushiro Mawashi Tobi Geri

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