

3.kyu

KIHON:

1. ST kizami mae geri, gyaku tsuki
2. ST gyaku tsuki, kizami mawashi geri
3. ST kizami yoko geri
4. ST ushiro geri
5. ST tai sabaki s kakuto uke na jednu, s teisho uke na druhou stranu
6. ST tai sabaki s gyaku rukou nagashi uke, do ZD s mae ken tsuki, na druhou stranu tai sabaki gyaku rukou kake uke, a do ZD mae ken tsuki

KIHON IDO:

1. SD gyaku tsuki, ayumi ashi hineri mae geri // zpět to stejné ushiro
2. ZD kamae ayumi ashi mae geri, age empi uchi, uraken uchi, harai uke a gyaku tsuki //stejně ushiro ayumi ashi
3. SHD kamae shakaku kansetsu geri, age tsuki, uraken uchi a gedan tetsui uchi //stejně ushiro ayumi ashi
4. NAD mae geri, kansetsu geri, gyaku tsuki do ZD ayumi ashi do NAD // mawate

OYO IDO:

1. ST suri ashi kizami tsuki, suri ashi gyaku tsuki
2. ST suri ashi gyaku tsuki, hineri mae geri
3. ST suri ashi gyaku tsuki, yose ashi mawashi geri
4. ST suri ashi gyaku tsuki, hineri mawashi geri, suri ashi gyaku tsuki
5. ST yose ashi ashi barai, gyaku tsuki
6. ST yose ashi mawashi geri, suri ashi gyaku tsuki
7. ST yose ashi yoko geri, suri ashi uraken uchi

KUMITE:

YOKUSOKU KUMITE

- 1.Ú: ST ayumi ashi ZD oi tsuki
O: ST kake uke tai sabaki, ashi barai přední nohou, do SHD tsuki
- 2.Ú: ST mae geri hineri
O: ST tai sabaki s gyaku rukou sukui uke, uchopení, ashi barai, hod na zem
- 3.Ú: ST mawashi geri hineri
O: ST suri ashi s cho uke, uchopit nohu, páka na koleno, složit na zem

RANZOKU KUMITE

1. Ú: ayumi ashi do ZD chudan oi tsuki
O: harai otoshi uke do ZD gyaku tsuki
Ú: gyaku rukou geda uke, oi rukou shomen uraken uchi
2. Ú: ayumi ashi chudan oi tsuki
O: ushiro ayumi ashi gedan uke, hineri mae geri
Ú: yoko tai sabaki gyaku rukou harai otoshi uke a gyaku tsuki

KATA: Gekisai dai Ichi, Gekisai dai Ni, **Sanchin**

KIHON BUNKAI KATA: Gekisai dai Ichi, **Gekisai dai Ni**