



Cadet 3rd Kyu - Brown belt:

1. Sanbon Tsuki x 3 Mawatte & rpt
2. Age Uke, Gyaku Tsuki, x 3 Forward / Backwards
3. Soto Uke, empi uchi Uraken, Gyaku Tsuki x 3 Forward / Backwards
4. Uchi Uke, Kizame Tsuki, Gyaku Tsuki x 3 Forward / Backwards
5. Shuto Uke, front leg mae geri, nukite Forward / Backwards
6. Mae ren geri (changing legs) x 3 Mawatte & rpt
7. Mawashi geri chudan x3 Mawatte x 3 Jodan
8. Yoko geri Keage x 3 Mawatte & rpt
9. Yoko geri kekomi x 3 Mawatte & rpt
10. Ushiro geri x 3 Mawatte & rpt

KATA:

Tekki Shodan

KUMITE:

Seme Waza: Oi Tsuki Jodan, Oi Tsuki chudan, Mae Geri Chudan, Yoko Geri Kekome, Mawashi Geri

Uke Waza: Age Uke, Soto Uke, Uchi Uke, Gedan Barai with Gyaku Tsuki counters only

(Left side then right side)