



Cadet 7th Kyu - Yellow belt:

KIHON:

1. Sanbon Tsuki x3 Mawatte & rpt
2. Age Uke, Gyaku Tsuki, Gedan Barai x3
3. Soto Uke, Gyaku Tsuki, Gedan Barai x3
4. Uchi Uke, Gyaku Tsuki, Gedan Barai x3
5. Chudan Shuto Uke x3 Forward / Backwards
6. Jodan mae geri x3 Mawatte & rpt
7. Chudan mae geri x3 Mawatte & rpt
8. Yoko geri Keage x3 Mawatte & rpt

KATA:

Heian Nidan

KUMITE:

Gohon Kumite