



Cadet Black & Red (1st Level)

1. Kizame Tsuki, Oi Tsuki, Gyaku 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
5. Shuto Uke, front leg mae geri, nukite x 3 Forward / Backwards
6. Mae geri, Oi Tsuki, Gyaku Tsuki x 3 Mawatte & rpt
7. Yoko geri, Uraken, Gyaku Tsuki x 3 Mawatte & rpt
8. Mawashi geri, Gyaku Tsuki Uraken, x 3 Mawatte & rpt
9. Ushiro geri, Uraken, Gyaku Tsuki x 3 Mawatte & rpt

(Hold the Gyaku Tsuki at the end of each set and move directly)

KATA:

Bassai Dai

+

one of Heians

KUMITE:

JU IPPON KUMITE (from Jiyu Kamae)

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

