



Cadet 8th Kyu - Red belt:

KIHON:

1. Jodan Oi Tsuki x3 Mawatte & rpt
2. Chudan Oi Tsuki x3 Mawatte & rpt
3. Jodan Age Uke x3 Forward / Backwards
4. Chudan Soto Uke x3 Forward / Backwards
5. Chudan Uchi Uke x3 Forward / Backwards
6. Chudan Shuto Uke x3 Forward / Backwards
7. Jodan Mae Geri x3 Mawatte & rpt
8. Chudan Mae Geri x3 Mawatte & rpt
9. Yoko Geri Keage x3 Mawatte & rpt

KATA:

Heian Shodan

KUMITE:

Sanbon Kumite