

9. KYU (BÍLÝ PÁS S MODRÝMI PROUŽKY)

SHOTOKAN

KIHON:

1. Oi-tsuky
2. Ren-tsuky
3. Age-uke
4. Soto-uke
5. Uchi-uke
6. Gedan-barai
7. Mae-geri

KIHON-IDO:

1. Chûze v postoji ZD, KD, KkD

KIHON-KUMITE:

1. T: HD jodan-oi-tsuki U: HD age-uke
2. T: HD chudan-oi-tsuki U: HD soto-uke
3. T: HD chudan-oi-tsuki U: HD uchi-uke
4. T: HD gedan-oi-tsuki U: HD gedan-barai
5. T: HD jodan-oi-tsuki/chudan-oi-tsuki/gedan-oi-tsuki U: HD age-uke/soto-uke/gedan-barai (stejnou rukou)