

7. Kyu

Kihon:

Oi Zuki	ZKD	->
Age Uke	ZKD	<-
Uchi Uke	SKD	->
Uraken	ZKD	->
Soto Uke	ZKD	->
Shuto Uke	KKD	<-
Gedan Barai	SKD	<-
Mae Geri	ZKD	->
Yoko Geri Keage	KBD	<->

Kata: Heian Nidan

Kumite:

Tori	Uke
Oi Zuki Jodan	Age Uke + Gyaku Zuki
Oi Zuki Chudan	Wählbar: Soto- o. Uchi Uke o. Gedan Barai + Gyaku Zuki
Mae Geri	Gedan Barai + Gyaku Zuki