

# 9./8. Kyu

## Kihon:

Oi Zuki	ZKD	->	9.Kyu		
Age Uke	ZKD	<-	9.Kyu		
Gyaku Zuki	ZKD	->	8.Kyu		
Uchi Uke	ZKD	<-	9.Kyu		
Soto Uke	ZKD	->	9.Kyu		
Shuto Uke	KKD	<-	8.Kyu		
Mae Geri	ZKD	->	9.Kyu		
Gedan Barai	ZKD	<-	9.Kyu		
Yoko Geri Keage	KKD	<->	8.Kyu		

**Kata:** Taikyoku Shodan 9. Kyu + Heian Shodan 8.Kyu

## Kumite:

Kihon Ippon Kumite:

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