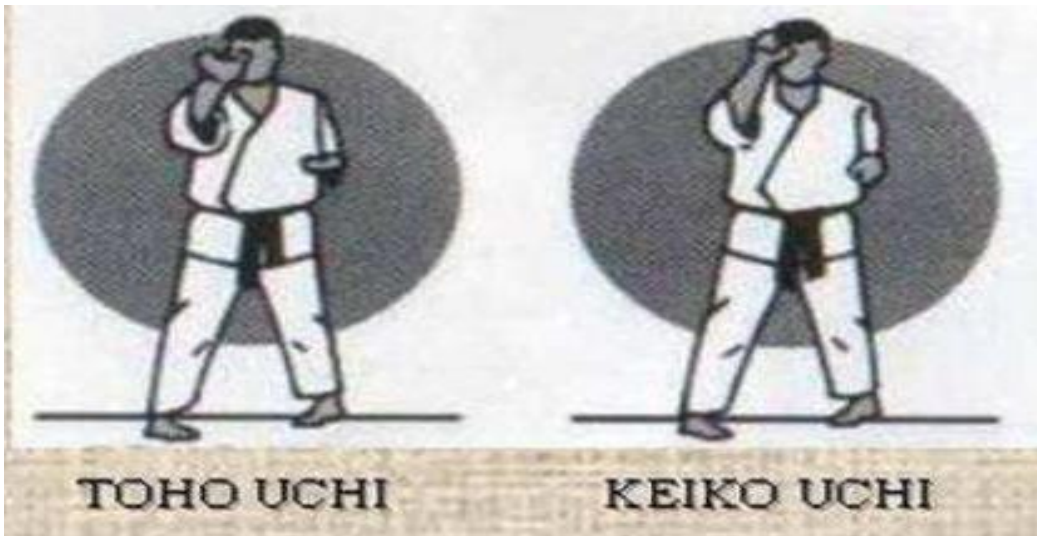




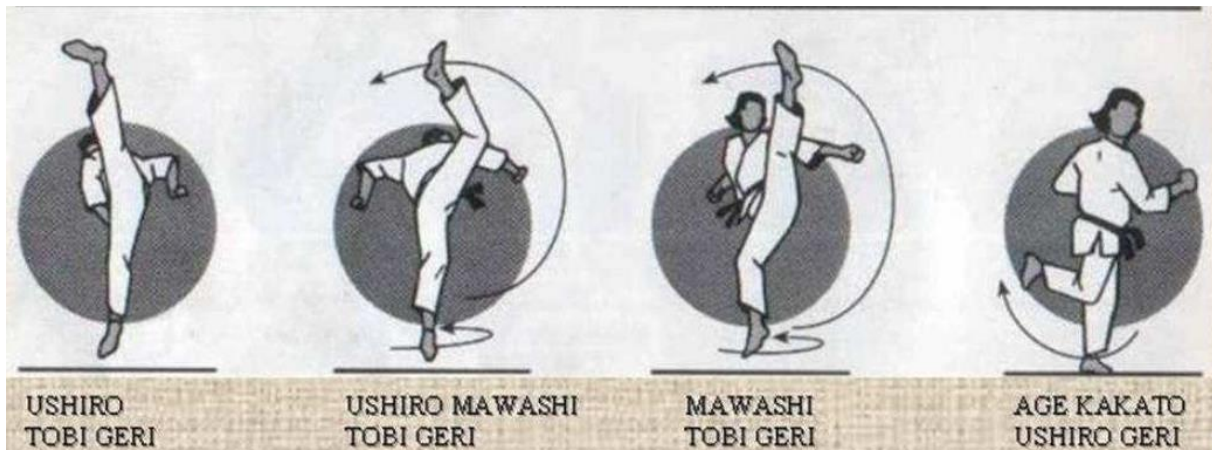
Tsuki (slag)



Uke ( blokkering)



## Geri (spark)



## Kata

Kanku <https://www.youtube.com/watch?v=xAvoeDRlgy>

Geki Sai Sho: <https://www.youtube.com/watch?v=CXwWRqFiTFY>

Seienchin <https://www.youtube.com/watch?v=jG224krUozQ>

Pinan sono ichi i ura <https://www.youtube.com/watch?v=8Mc488GgnAQ>

## Kumite

### Jiju Kunte (Frifighting)

**Notat:** Ved gradering vil kandidaten bli testet i tidligere gjennomgatte graderingsteknikker og kata