

uekf Syllabus 2006 6th kyu

Kata

Pinan Shodan

Kihon

Punches

Kette Oizuki Jodan

Kette Gyakuzuki jodan

Blocks

Yoko uke ,gyakuzuki

Yoko uchi gyakuzuki

Kicks (from kaishi)

Maegeri gyakuzuki

Yokogeri gyakuzuki

Mawashigeri gyakuzuki

Uramawashigeri gyakuzuki

Ushirogeri gyakuzuki

Pairs

Ohyo bunkai

Hokei Kumite 2

Kumite

Upstairs downstairs alternate

菩提心会

