



DAUGAVPILS KARATE SCHOOL



6 KYU(I)

| | |
|---------------|--|
| KIHON | Zenkutsu-dachi: Ren-zuki; Age-uke/gyaku-zuki; Uchi-uke/gyaku-zuki; Soto-uke/gjaku-zuki; Gedan-barai/gyaku-zuki; Shuto-uchi; Kokutsu- dachi: Shuto-uke; Shuto-uke/gyaku-nukite; Zenkutsu-dachi: Uraken-uchi; Mae-ren-geri Kiba-dachi: Yoko-geri keage; Yoko-geri kekomi; Zenkutsu-dachi: Mawashi-geri; Ura-mawashi-geri; |
| KATA | Heian shodan; Heian nidan. |
| KUMITE | Gohon kumite. |

6 KYU(II)

| | |
|---------------|--|
| KIHON | Zenkutsu-dachi: Sanbon-zuki; Age-uke/ gyaku-zuki; Soto-uke/kizami uraken-uchi/gjaku-zuki; Uchi-uke/kizamu-zuki/ gyaku-zuki; Shuto-uchi/gyaku-nukite; Kokutsu- dachi/zenkutsu-dachi: Shuto-uke/kizami mae-ger/gyaku-nukite; Zenkutsu-dachi: Mae-ren geri; Kizami mae-geri/mae geri; Kiba-dachi: Yoko-empi-uchi; Yoko-geri keage; Yoko-geri kekomi; Zenkutsu-dachi: Mawashi-geri; Ura-mawashi-geri; Shiho-gyaku-zuki. |
| KATA | Heian shodan; Heian nidan; Heian sandan. |
| KUMITE | Sanbon kumite. |