



# DAUGAVPILS KARATE SCHOOL



## 7 KYU(I)

<b>KIHON</b>	<b>Zenkutsu-dachi:</b> Oi-zuki; Age-uke/gyaku-zuki; Soto-uke/ gyaku -zuki; Uchi-uke/gyaku-zuki; Gedan-barai/ gyaku -zuki; Shuto-uchi; <b>Kokutsu- dachi:</b> Uchi-uke; Shuto-uke; <b>Zenkutsu-dachi:</b> Mae-ren-geri <b>Kiba-dachi:</b> Yoko-geri keage Yoko-geri kekomi
<b>KATA</b>	Heian shodan
<b>KUMITE</b>	Gohon kumite

## 7 KYU(II)

<b>KIHON</b>	<b>Zenkutsu-dachi:</b> Oi-zuki; Age-uke/ gyaku-zuki; Soto-uke/gjaku-zuki; Uchi-uke/kizamu-zuki/ gyaku-zuki; <b>Kokutsu- dachi:</b> Shuto-uke/gyaku-nukite; <b>Zenkutsu-dachi:</b> Uraken-uchi; Mae-ren geri; Kizami mae-geri/mae geri; <b>Kiba-dachi:</b> Gedan-barai uke; Yoko-geri keage; Yoko-geri kekomi; <b>Zenkutsu-dachi:</b> Mawashi-geri
<b>KATA</b>	Heian shodan; Heian nidan
<b>KUMITE</b>	Gohon kumite