



DAUGAVPILS KARATE SCHOOL



8 KYU(I)

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| KIHON | <p>Zenkutsu-dachi: <i>Oi-zuki;</i> <i>Age-uke/gyaku-zuki;</i> <i>Soto-uke/ gyaku -zuki;</i> <i>Gedan-barai uke/ gyaku -zuki;</i></p> <p>Kokutsu- dachi: <i>Uchi-uke;</i></p> <p>Zenkutsu-dachi: <i>Mae-geri keage;</i> <i>Mae-geri kekomi.</i></p> <p>Kiba-dachi: <i>Gedan-barai uke;</i> <i>Yoko-geri keage.</i></p> |
| KATA | <i>Taikyoku shodan; Taikyoku nidan</i> |
| KUMITE | <i>Gohon kumite</i> |

8 KYU(II)

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| KIHON | <p>Zenkutsu-dachi: <i>Oi-zuki;</i> <i>Age-uke/ gyaku-zuki;</i> <i>Soto-uke/gjaku-zuki;</i> <i>Uchi-uke/ gyaku-zuki;</i> <i>Gedan-barai uke/ gyaku-zuki;</i></p> <p>Kokutsu- dachi: <i>Uchi-uke;</i> <i>Shuto-uke;</i></p> <p>Zenkutsu-dachi: <i>Mae-geri keage;</i> <i>Mae-geri kekomi;</i></p> <p>Kiba-dachi: <i>Gedan-barai uke;</i> <i>Yoko-geri keage;</i> <i>Yoko-geri kekomi.</i></p> |
| KATA | <i>Taikyoku sandan;</i> <i>Heian shodan</i> |
| KUMITE | <i>Gohon kumite</i> |