



DAUGAVPILS KARATE SCHOOL



9 KYU(I)

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| KIHON | <i>Hatiji dachi;</i> <i>Yoi dachi;</i> <i>Musubi dachi;</i> <i>Rei;</i> <i>Kamaete;</i> <i>Zenkutsu-dachi;</i> Zenkutsu-dachi: <i>Oi-zuki;</i> <i>Age-uke;</i> <i>Gedan-barai uke;</i> <i>Mae-geri.</i> |
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9 KYU(II)

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