

2 DAN — Cintura Nera (dopo 2 anni - 2 stages)

KIHON

- 1 = Jodan Kosauke = Kizamigeri = Sokumentetsui = Uchiuke =
(Kibadachi) (Gyakuashi)
Maegeri = Chokuzuki
- 2 ← Moroteuke = Kizamizuki = Gyakuzuki — Shutouke =
(Zenkutsu) (Kokutsu) (Kokutsu) (Zenkutsu)
Gyakuzuki
(Kokutsu)
- 3 — Jodan Oizuki = Gedanbarai = Mae Enpi — Gedan Kosauke =
(Gyakuashi)
- Uchi Shutouchi = Mawashi Zuki
(Gyakuashi)
- 4 — Ashibarai = Kizami Mawashigeri = Gyakuzuki — Yokogeri
(stessa gamba) (sochindachi)
Kekomi = Ageuke = Gyakuzuki
(Kokutsu)
- 5 — Jodan Oizuki = Sotouke = Jodan Haito — Mawashigeri =
(Kokutsudachi Gyakuashi)
Maegeri = Chudan Tateshutouke = Ageuke — Yoko Enpi
(Kokutsudachi Gyakuashi) (Kokutsu) (Kibadachi)

- 6 (1) S - Gedan Nagashi Uke
D - Haito
- (2) D - Maegeri
S - Uchiuke
D - Chokuzuki
- (3) S - Uraken
D - Maegeri
D - Gyakuzuki
- (4) D - Ushiro Mawashi (135°)
S - Urazuki
- (5) S - Moroteuke (135°) Kokutsu
D - Gyakuzuki

Partenza da A in guardia
sinistra arrivo in A'



KUMITE

Jiyu Kumite

KATA

Tekki Nidan, Hangetsu, Bassai Sho, Kanku Sho, Socin, Nijyu Shi Ho