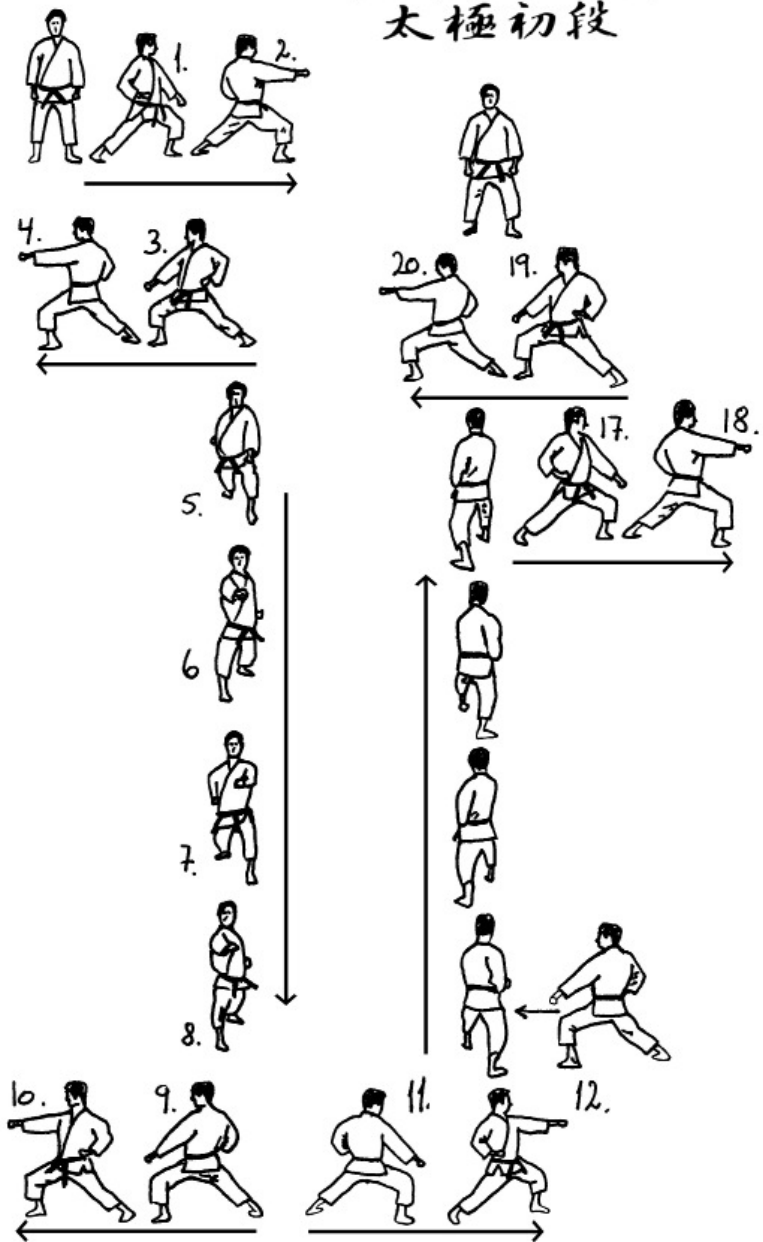


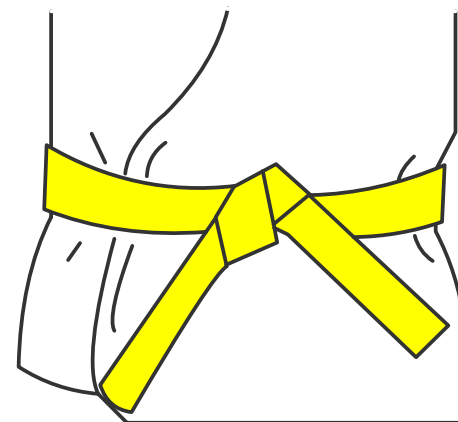
TAIKYOKU SHODAN
太極初段



TENSHINKAN DENMARK
GRADUERINGS
PROGRAM



10 Kyu



Gul bælte

10 Kyu Gul Bælte

KIHON:

1. OI TSUKI "Jodan"
2. AGE UKE
3. TEISHO UKE
4. GEDAN BARAI
5. OI TSUKI
6. GYAKU TSUKI
7. MAE GERI
8. MAE GERI

KUMITE:

GOHON KUMITE:

- Angreb - Forsvar
 - OI TSUKI Jodan - AGE UKE
 - OI TSUKI Chudan - TEISHO UKE
 - OI TSUKI Chudan - GEDAN BARAI
- "Angriber står i kamp stilling og forsvar i Joi"

KATA:

TAIKYOKU SHODAN + BUNKAI.

SELVFORSVAR:

Grib fat i bryst / Gi krave.

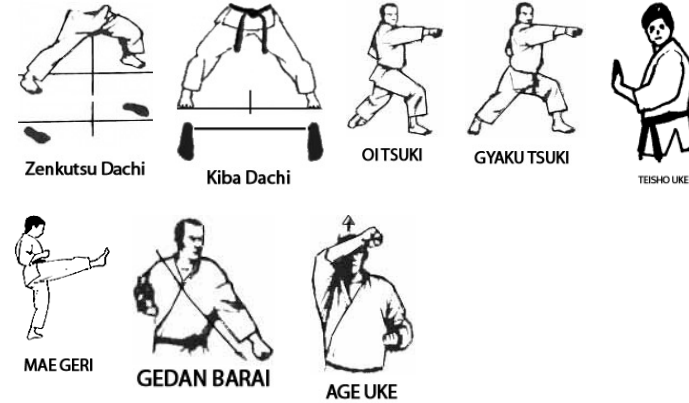
EKSTRA:

Eleven må allerede på dette tidspunkt, havde kendskab til en flot Karate Do.

Forklaring:

Chudan = Mave
Jodan = Hoved

NYE TEKNIKKER:



Notater:
