

# 4:e KYU Grönt bälte

## Slag

Shuto Sakotsu Uchi  
Shuto Yoko Ganmen Uchi  
Shuto Uchi Komi  
Shuto Hizo Uchi  
Shuto Jodan Uchi Uchi

## Blockeringar

Shuto Jodan Uke  
Shuto Chudan Soto Uke  
Shuto Chudan Uchi Uke  
Shuto Mae Gedan Barai  
Mae Shuto Mawashi Uke  
Shuto Jodan Uchi Uke

## Fysiskt test

Armhävningar 50  
Situps 70  
Benböj 70

## Kata

Sanchin No Kata  
Sokugi Taikyoku Sono Ichi, Ni, San

## Sparkar

Jodan Ushiro Geri

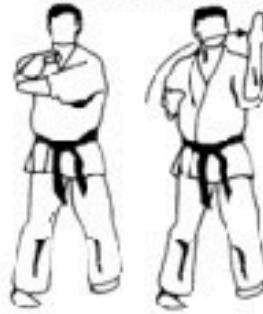
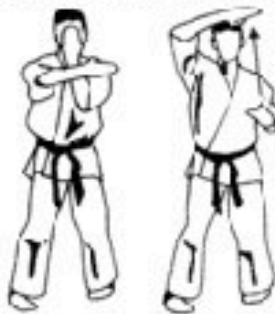


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Mae Shuto Mawashi Uke