

# 6:e KYU Gult bälte

## Slag

Uraken Shomen Ganmen Uchi  
Uraken Sayu Ganmen Uchi  
Uraken Hizo Uchi  
Uraken Mawashi Uchi  
Nihon Nukite  
Yohon Nukite (Jodan, Chudan)

## Blockeringar

Seiken Juji Uke (Jodan, Gedan)  
Osae Uke

## Fysiskt test

Armhävningar	x
Situps	x
Benböj	x

## Sparkar

Ushiro Geri (Chudan, Gedan)  
Chudan Yoko Geri (Sokuto)



Uraken Shomen Ganmen Uchi



Uraken Sayu Ganmen Uchi



Uraken Hizo Uchi



Uraken Mawashi Uchi



Yohon Nukite Jodan



Yohon Nukite Chudan



Osae Uke



Seiken Juji Uke Gedan



Seiken Juji Uke Jodan



Chudan Yoko Geri (Sokuto)



Ushiro Geri (Chudan, Gedan)