

10° kyu (ceinture orange)

KIHON

TACHIKATA

Yoi

Fudo dachi

Sanchin dachi

Zenkutsu dachi

TSUKI

Seiken oi tsuki (jodan, chudan, gedan)

Seiken gyaku tsuki (jodan, chudan, gedan)

Seiken morote tsuki (jodan, chudan, gedan)

Seiken ago uchi

UKE (seiken, shuto)

Jodan uke

Mae gedan barai

KERI

Hiza geri

Kin geri

Mae geri (jodan, chudan)

IDO KEIKO

Zenkutsu dachi

Sanchin dachi

KATA

Taikyoku sono ichi

Taikyoku sono ni

STAMINA

15 pompes, 40 abdo-crunchs, 15 flexions

KUMITE

Ippon kumite

KOKYU HO

Nogare (omote, ura)

Kiai

9° kyu (ceinture orange barrette blanche)

KIHON

TACHIKATA

Musubi dachi

Heiko dachi

Heisoku dachi

Kokutsu dachi

TSUKI

Seiken shita tsuki

Seiken Tate tsuki (jodan, chudan, gedan)

Seiken kagi tsuki

Hiji ate (jodan, chudan)

UKE (seiken, shuto)

Chudan soto uke

Chudan uchi uke

KERI

Mae keage

Yoko keage

Uchi mawashi keage

Soto mawashi keage

IDO KEIKO

Kokutsu dachi

KATA

Taikyoku sono san

STAMINA

20 pompes, 45 abdo-crunchs, 20 flexions

KUMITE

Yakusoku kumite

Sambon kumite

KYOKUSHIN WORLD FEDERATION

