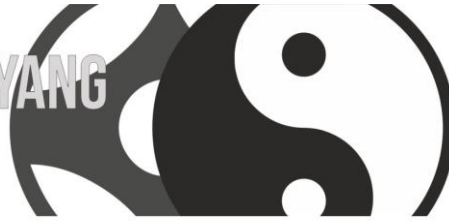


KARATESCHOOL YIN YANG
O.L.V. SHIHAN VAN KESSEL 6E DAN

www.kyokusyinyang.nl



zwarte band, 2e Dan

Kata <i>schijngevecht</i>	Seipai
	Seienchin
Stamina <i>oefeningen</i>	75x push ups
	150x sit-ups
	75x squats
Kumite <i>vechten</i>	Jiyu kumite 30x 60 sec.
Diploma's	national judge/refree