

KARATESCHOOL YIN YANG

O.L.V. SHIHAN VAN KESSEL 6E DAN

www.kyokusyinyang.nl



6e kyu gele band

Dachi <i>Standen</i>	Kake ashi dachi
Tsuki <i>Stoottechnieken</i>	Shuto yoko ganmen uchi Shuto sakotsu uchi Shuto hizo uchi Shuto sakotsu uchi komi Shuto uchi uchi Ushiro hiji ate Nihon nukite Yonhon nukite
Uke <i>Afweerttechnieken</i>	Enkei gyaku tsuki Mawashi gedan barai Juji uke gedan barai Hiji uke Jodan shuto uchi uke
Geri <i>Traptechnieken</i>	Ushiro geri (J/C/G) 3 manieren Ushiro mawashi geri
Ido <i>Kihon in beweging</i>	Kake ashi dachi
Kata <i>schijngevecht</i>	Pinan sono ni Pinan sono san
Stamina <i>oefeningen</i>	40x push ups 60x sit-ups 40x squats
Kumite <i>vechten</i>	Jiyu kumite 4x 60 sec.