

KARATESCHOOL YIN YANG

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

www.kyokusyinyang.nl



7e kyu blauwe band + streep

| | |
|---------------------------------|----------------------------|
| Dachi <i>Standen</i> | Uchi hachiji dachi |
| | Neko ashi dachi |
| | Shiko dachi |
| Tsuki <i>Stoottechnieken</i> | Tettsui komi kami |
| | Tettsui oroshi ganmen uchi |
| | Tettsui hizo uchi |
| | Tettsui mae uchi (J/C/G) |
| | Tettsui yoko uchi (J/C/G) |
| Uke <i>Afweerttechnieken</i> | Shuto mawashi uke |
| | Mae shuto mawasi uke |
| Geri <i>Traptechnieken</i> | Jodan uchi haisoku geri |
| | Ago jodan geri |
| Ido <i>Kihon in beweging</i> | Neko ashi dachi |
| | |
| Kata <i>schijngvecht</i> | Pinan sono ichi |
| | Sanchin no kata |
| Stamina <i>oefeningen</i> | 35x push ups |
| | 55x sit-ups |
| | 35x squats |
| Kumite <i>vechten</i> | Jiyu kumite 3x 60 sec. |
| | |
| Kokyu ho <i>ademhaling</i> | Ibuki Sankai |
| | |