

TÜRKİYE KARATE FEDERASYONU

SHOTOKAN KYU İMTİHAN PROGRAMI

6. KYU İMTİHAN SORULAR (Turuncu Kuşak)

KİHON:

- 1- Oi Tsuki Jodan
- 2- Oi Tsuki Chudan
- 3- Nihon Tsuki (Oi Tsuki- Gyaku Tsuki)
- 4- Age Uke - Gyaku Tsuki
- 5- Soto Uke - Gyaku Tsuki
- 6- Uchi Uke -Gyaku Tsuki
- 7- Gedan Barai - Gyaku Tsuki
- 8- Shuto Uke (Kokutsu Dachi) -Tate Nükite (Zenkutsu Dachi)
- 9- Kizami Mae Geri - Mae Geri
- 10- Kizami Yoko Geri -Yoko Geri
- 11- Kizami Mawashi Geri - Mawashi Geri
- 12- Ushiro Geri

GOHON KUMİTE

- a) Oi Tsuki Jodan
- b) Oi Tsuki Chudan
- c) Mae Geri Chudan

KATA:

Heian Shodan
Heian Nidan