

6. Kyu	1/2 Grün	violett/weiss
--------	----------	---------------

Kata

Shozin Shodan	Form Gakushu
	Form Renzoku
Shozin Nidan	Form Gakushu

Mini Kata K1 - K3

Shozin Renzoku Keri no Kata	Jun Geri
	Mae Geri
	Mikazuki Geri

Kihon

Seiryuto / Tenshin Jodan Uke
 Mae Geri / Tenshin Gedan Barai
 Yoko Geri / Ko Tenshin Nidan Uke
 Mawashi Geri / Kaiten Tenshin Jodan Uke

Techniken (neu)

Mikazuki Geri



Mawashi Geri
 Kaiten Tenshin Jodan Uke



Randori

Gakushu / Irimi no Kata
 Ippon Kumite Sandan / Nagashi no Kata
 Ippon Kumite Yondan / Kawashi no Kata

Nagashi (Fussfeger)
 Mawashi Geri / Kaiten Tenshin Jodan Uke

5. Kyu	Grün	violett/weiss
--------	------	---------------

Kata

Shozin Shodan	Form Gakushu
	Form Renzoku
Shozin Nidan	Form Gakushu
	Form Renzoku

Mini Kata K1 - K4

Shozin Renzoku Keri no Kata	Jun Geri
	Mae Geri
	Mikazuki Geri
	Mawashi Geri

Kihon

Seiryuto / Tenshin Jodan Uke
 Mae Geri / Tenshin Gedan Barai
 Yoko Geri / Ko Tenshin Nidan Uke
 Mawashi Geri / Kaiten Tenshin Jodan Uke
 Ura Mawashi Geri / Kaiten Tenshin Jodan Uke

Techniken (neu)

Ura Mawashi Geri



Randori

Gakushu / Irimi no Kata
 Ippon Kumite Yondan / Koshi no Kata
 Ippon Kumite Godan / Kawashi no Kata

Koshi (Hüftwurf)
 Ura Mawashi Geri

