

2:e KYU Brunt bälte

Slag

Hira Ken Tsuki (Jodan, Chudan)
Hira Ken Oroshi Uchi
Haishu Uchi (Jodan, Chudan)
Hira Ken Mawashi Uchi
Age Jodan Tsuki
Koken Uchi (Jodan, Chudan, Gedan)

Blockeringar

Koken Uke
Jodan, Chudan, Gedan

Sparkar

Tobi Nidan Geri
Tobi Mae Geri

Fysiskt test

Armhävningar	70
Situps	100
Benböj	100

Kata

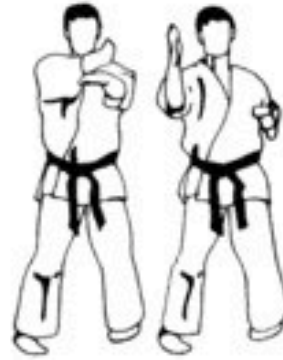
Pinan Sono Go
Gekesai Dai



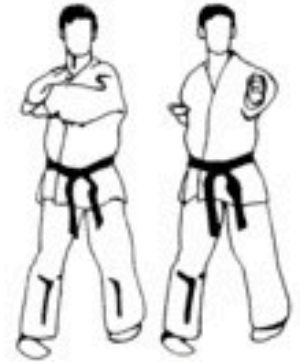
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Tobi Nidan Geri



Tobi Mae Geri