

KIHON BLOK 1

MOROTE TSUKI JODAN
MOROTE TSUKI CHUDAN
MOROTE TSUKI GEDAN

SEIKEN TSUKI JODAN
SEIKEN TSUKI CHUDAN
SEIKEN TSUKI GEDAN

SEIKEN TATE TSUKI JODAN
SEIKEN TATE TSUKI CHUDAN
SEIKEN TATE TSUKI GEDAN

SEIKEN JODAN UKE
SEIKEN SOTO UKE
SEIKEN UCHI UKE
SEIKEN GEDAN BARAI

SEIKEN JUJI UKE JODAN
SEIKEN JUJI UKE GEDAN

MOROTE UCHI UKE
SEIKEN UCHI UKE GEDAN BARAI

HIZA GERI
GIN GERI

MAE GERI CHUDAN CHUSOKU
MAE GERI JODAN CHUSOKU

MAE KE AGE CHUSOKU
MAWASHI SOTO KE AGE TEISOKU
MAWASHI UCHI KE AGE HEISOKU

KIHON BLOK 2

JUN TSUKI JODAN
JUN TSUKI CHUDAN
JUN TSUKI GEDAN

SHUTO SAKOTSU UCHI
SHUTO UCHI KOMI
SHUTO GANMEN UCHI
SHUTO HIZO UCHI
SHUTO JODAN UCHI

TETTSUI OROSHI GANMEN UCHI
TETTSUI KOME KAMI UCHI
TETTSUI HIZO UCHI
TETTSUI YOKO UCHI JODAN
TETTSUI YOKO UCHI CHUDAN
TETTSUI YOKO UCHI GEDAN

OSAI UKE
KAKE WAKE UKE

MAWASHI GERI GEDAN HEISOKU
MAWASHI GERI CHUDAN HEISOKU
MAWASHI GERI JODAN HEISOKU

MAWASHI GERI GEDAN CHUSOKU
MAWASHI GERI CHUDAN CHUSOKU
MAWASHI GERI JODAN CHUSOKU

MAWASHI GERI GEDAN SUNE
MAWASHI GERI CHUDAN SUNE

KIHON BLOK 3

SEIKEN AGO UCHI
SEIKEN MAWASHI TSUKI CHUDAN
SEIKEN SHITA TSUKI

SEIKEN MAWASHI UCHI JODAN
SEIKEN MAWASHI UCHI CHUDAN
JODAN AGE TSUKI

URAKEN SHOMEN UCHI
URAKEN SAYU UCHI
URAKEN HIZO UCHI
URAKEN YOKO UCHI
URAKEN MAWASHI UCHI
URAKEN GANMEN OROSHI UCHI

SHUTO JODAN UKE
SHUTO SOTO UKE
SHUTO UCHI UKE
SHUTO GEDAN BARAI

SHUTO JUJI UKE JODAN
SHUTO JUJI UKE CHUDAN

SHUTO MOROTE GEDAN BARAI

SHUTO MAWASHI UKE
MAE SHUTO MAWASHI UKE

YOKO GERI CHUDAN
YOKO GERI JODAN
YOKO KE AGE SOKUTO



KIHON BLOK 4

HIJI ATE JODAN
HIJI ATE CHUDAN
HIJI AGE ATE
HIJI MAE ATE
OROSHI HIJI ATE
YOKO HIJI ATE
USHIRO HIJI ATE

SHOTEI UCHI JODAN
SHOTEI UCHI CHUDAN
SHOTEI UCHI GEDAN

HIJI UKE JODAN
HIJI UKE CHUDAN
HIJI UKE GEDAN

SHOTEI UKE JODAN
SHOTEI UKE CHUDAN
SHOTEI UKE GEDAN

SHOTEI MOROTE UKE GEDAN

USHIRO GERI CHUDAN
USHIRO GERI JODAN

USHIRO MAWASHI GERI GEDAN
USHIRO MAWASHI GERI CHUDAN
USHIRO MAWASHI GERI JODAN

KANSETSU GERI

JODAN UCHI HEISOKU GERI

KIHON BLOK 5

IPPON NUKITE
NIHON NUKITE
YONHON NUKITE JODAN
YONHON NUKITE CHUDAN

RYUTO KEN JODAN
RYUTO KEN CHUDAN
NAKA YUBI IPPON KEN JODAN
NAKA YUBI IPPON KEN CHUDAN
OYA YUBI KEN JODAN
OYA YUBI KEN CHUDAN

HIRAKEN TSUKI JODAN
HIRAKEN TSUKI CHUDAN
HIRAKEN OROSHI UCHI
HIRAKEN MAWASHI UCHI

KAKE UKE JODAN
KAKE MOROTE UKE JODAN

KAKE GERI CHUSOKU
KAKE GERI KAGATO

MAE KAGATO GERI GEDAN
MAE KAGATO GERI CHUDAN
MAE KAGATO GERI JODAN

AGE KAGATO GERI

OROSHI SOTO KAGATO GERI
OROSHI UCHI KAGATO GERI



KIHON BLOK 6

MAE ATAMA TSUKI
YOKO ATAMA TSUKI
USHIRO ATAMA TSUKI

HAITO UCHI JODAN
HAITO UCHI CHUDAN
HAITO UCHI GEDAN
HAITO MOROTE UCHI JODAN
HAITO MOROTE UCHI CHUDAN

HAISHU UCHI JODAN
HAISHU UCHI CHUDAN

TOHO UCHI
KEIKO UCHI

HAITO UCHI UKE JODAN
HAITO UCHI UKE CHUDAN
HAITO MOROTE UCHI UKE

KOKEN UKE JODAN
KOKEN UKE CHUDAN
KOKEN UKE GEDAN

TOBI MAE GERI
TOBI HIZA GERI
TOBI YOKO GERI
TOBI USHIRO GERI
TOBI MAWASHI GERI
TOBI USHIRO MAWASHI GERI