



6. Kyu Pensum
Bæltefarve: Grøn
BUSHI KARATE & COMBAT SPORT



Version 2024

KIHON:

▫ Zenkutsu Dachi, Gedan-Barai Kamae
----> Chudan Oi-Zuki
Mawazute
<---- Chudan Gyaku-Zuki
--<-- Jodan Age-Uke, Gyaku-Zuki
<---- Chudan Soto-Ude-uke, Gyaku-Zuki
Mawazute
----> Chudan Uchi-Ude-Uke, Gyaku-Zuki
▫ Kokutsu Dachi, Shuto-Uke Kamae
--<-- Chudan Shuto-Uke
Yame

▫ Zenkutsu Dachi, Mae Geri Kamae
----> Mae-Geri
Mawazute
<---- Mawashi-Geri
Mawazute
Yame

▫ Kiba Dachi, Gedan-Barai Kamae
----> Yoko-Geri Keage
Mawazute
<---- Yoko-Geri Keage
Mawazute
----> Yoko-Geri Kekomi
Mawazute
<---- Yoko-Geri Kekomi
Mawazute
Yame

KATA:

Heian Sandan
Obligatorisk bunkai

KUMITE:

Sanbon Kumite (Jodan, Chudan, Mae-Geri) Nr. 1 & 2 (Migi / Hidari)



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FREE FORM:

Bevægelig Kamae:

▫ Jodan Kizami-Zuki

----> Jodan Kizami-Zzuki (1 afsæt - Yori-Ashi)

▫ Chudan Gyaku-Zuki (Ushiro-Ashi koshi 45')

----> Chudan Gyaku-Zuki (1 afsæt - Yori-Ashi) - (Ushiro-Ashi koshi 45')

(Markeres på makker)

Kiba Dachi Kamae:

----> Kiba Dachi, Yori-Ashi, Zenkutsu Dachi, Gyaku-Zuki - (Ushiro-Ashi koshi 45')

<---- Kiba Dachi, Yori-Ashi, Zenkutsu Dachi, Gyaku-Zuki - (Ushiro-Ashi koshi 45')

Kamae:

----> Jodan Gyaku-Zuki - Jodan Gyaku-Zuki (Skridt frem)

(*Bagerste, bagerste) - (Ushiro-Ashi koshi 45')

Kamae:

▫ Mawashi-Geri (Jodan) - (Markeres på makker / handske)

▫ Ushiro Mawashi-Geri (Jodan) - (Markeres på makker / handske)