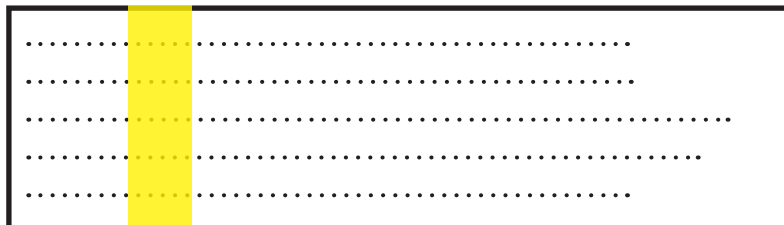


Børnepensum – Karatekids

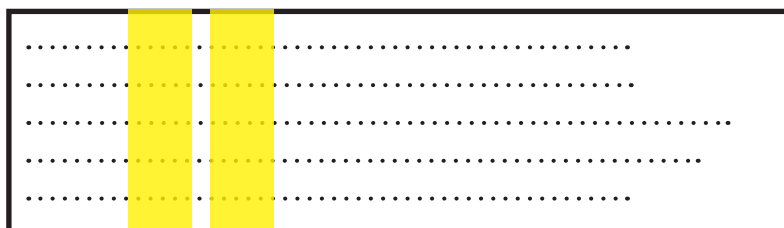
1 gul snip

- Tælle til 10 på japansk
- Shizen-tai: Choku-zuki *10
- Shizen-tai: Age-uke *10
- Heisoku-dachi: Mae-geri *10
- Shizen-tai: Choku-zuki på pude *10



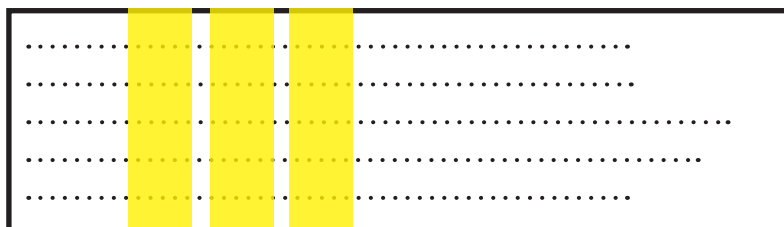
2 gule snipper

- Tælle til 20 på japansk
- Binde eget bælte
- Shizen-tai: Choku-zuki *10
- Shizen-tai: Age-uke *10
- Shizen-tai: Gedan-barai *10
- Heisoku-dachi: Mae-geri *10
- Shizen-tai: Choku-zuki på pude *10
- Heisoku-dachi: Mae-geri på pude *10
- Zenkutsu-dachi: Oizuki fremad
- Zenkutsu-dachi: Oizuki bagud



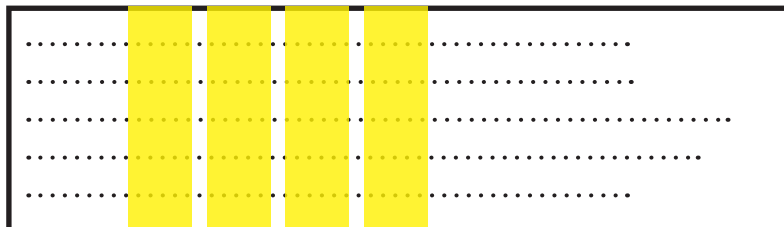
3 gule snipper

- Tælle til 30 på japansk
- Binde eget bælte
- Indbukning til time
- Shizen-tai: Choku-zuki *10
- Shizen-tai: Age-uke *10
- Shizen-tai: Gedan-barai *10
- Shizen-tai: Soto-uke *10
- Heisoku-dachi: Mae-geri *10
- Zenkutsu-dachi: Oizuki fremad
- Zenkutsu-dachi: Age-uke bagud
- Zenkutsu-dachi: Mae-geri fremad
- Zenkutsu dachi: Gedan-barai bagud



4 gule snipper

- Binde eget bælte
- Indbukning til time
- Shizen-tai: Choku-zuki *10
- Shizen-tai: Age-uke *10
- Shizen-tai: Gedan-barai *10
- Shizen-tai: Soto-uke *10
- Shizen-tai: Uchi-uke *10
- Heisoku-dachi: Mae-geri *10
- Zenkutsu-dachi: Oizuki fremad
- Zenkutsu-dachi: Age-uke bagud
- Zenkutsu-dachi: Mae-geri fremad
- Zenkutsu dachi: Gedan-barai bagud
- Zenkutsu dachi: Soto-uke fremad
- Zenkutsu dachi: Soto-uke bagud



5 gule snipper

- Binde eget bælte
- Indbukning til time
- Shizen-tai: Choku-zuki *10
- Shizen-tai: Age-uke *10
- Shizen-tai: Gedan-barai *10
- Shizen-tai: Soto-uke *10
- Shizen-tai: Uchi-uke *10
- Heisoku-dachi: Mae-geri *10
- Kiba-dachi: Choku-zuki *10
- Zenkutsu-dachi: Oizuki fremad
- Zenkutsu-dachi: Age-uke bagud
- Zenkutsu-dachi: Mae-geri fremad
- Zenkutsu dachi: Gedan-barai bagud
- Zenkutsu dachi: Soto-uke fremad
- Zenkutsu dachi: uchi-uke bagud

