

Uekf Syllabus 8th Kyu

Kata

Shiho Pinan

Kihon

Oizuki chudan

Oizuki jodan

Jodan Age uke

Gedan Harai uke

Gyakuzuki chudan

Gyakuzuki jodan

Yoko uke

Yoko uchi

Maegeri

Yokogeri

Uramawashigeri

Mawashigeri

