

# Atemi Waza (kodomo – børn)

Niveau	Disciplin	Teknikker			
	Plethandsker/slagpuder	Kizami Tsuki	Gyaku Tsuki	Teisho Uchi	
6. ko	Kombinationer	<b>Kizami Tsuki el. Gyaku Tsuki</b> Te Nagashi Uke			
		Stand: Zenkutsu Dachi, start/slut: Kamae			
	Plethandsker/slagpuder	Mawashi Tsuki	Hiza Geri	Mae Geri	
5. ko	Kombinationer	<b>Mawashi Tsuki</b> Uchi Shuto Uke	<b>Mae Geri</b> Gedan Barai		
		Stand: Zenkutsu Dachi, start/slut: Kamae	Stand: Zenkutsu Dachi, start/slut: Kamae		
	Plethandsker/slagpuder	Mae Empi	Age Empi	Age Tsuki	Mae Geri (Keage/Kekomomi)
4. ko	Kombinationer	<b>Chudan Mae Geri</b> Gedan Barai + Gyaku Tsuki	<b>Chudan Mawashi Geri</b> Gedan Barai + Mae Geri		
		Stand: Zenkutsu Dachi, start/slut: Kamae	Stand: Zenkutsu Dachi, start/slut: Kamae		
	Plethandsker/slagpuder	Mawashi Geri (Chudan/Gedan)			
3. ko	Kombinationer	<b>Chudan Mawashi Geri</b> Morote Uke + Gyaku Tsuki	<b>Gedan Mawashi Geri</b> Undvig tilbage + Gyaku Tsuki		
		Stand: Zenkutsu Dachi, start/slut: Kamae	Stand: Zenkutsu Dachi, start/slut: Kamae		
	Plethandsker/slagpuder	Uraken Uchi	Yoko Empi Uchi		
2. ko	Kombinationer	<b>Kizami Tsuki</b> Uchi Shuto Uke + Mae Ashi Mawashi Geri + Gyaku Tsuki	<b>Uraken Uchi</b> Soto Uke + Yoko Empi Uchi + Gyaku Mae Empi Uchi		
	Plethandsker/slagpuder	Yoko Geri Chudan (Keage + Kekomomi)	Kizami Tsuki + Gyaku Tsuki + Mawashi Tsuki + Gedan Mawashi Geri		
1. ko	Kombinationer	<b>Gyaku Mawashi Tsuki</b> Uchi Shuto Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Tsuki	<b>Jodan Kizami Tsuki</b> "Slip yderside" + Gyaku Tsuki + Mawashi Geri	<b>Jodan Mawashi Tsuki</b> "Weave/roll yderside" + Mawashi Tsuki + Jodan Mawashi Tsuki	