

HT 83

31/8 UPPV. SUBURI UCHIKOMI (stom → små) KEIKO KAKARIGEIKO HAYA UCHIKOMI HAYA
 15 15 10 30 20

7/9 U S UCHIKOMI KIRIKAESHI KEIKO KAKARIGEIKO HAYA
 20 15 15 30-46 5-10 5

14/9 U S UCHIKOMI KIRIKAESHI KEIKO KAKARIGEIKO HAYA
 20

21/9 U S UCHIKOMI KEIKO KAKARIGEIKO ~~OTAGAINIKAKARIGEIKO HAYA AVSLAPP~~
 20 15 30 5 10 3 (3) 4

28/9 U S UCHIKOMI KEIKO ~~KIRIKAESHI~~ KAKARIGEIKO ~~HAYA~~ SUBURI AVSLAPP
 30 (cirbel) - HÖGER-VÄ. 2-steg 1-steg
 11 11
 pyssning
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5/10 U S UCHIKOMI HARAI-SURIAGE-KAESHI-NUKI KEIKO KAKARIGEIKO OTAGAINIKAKARIGEIKO HAYA
 15 10 30 20 5 5 5

12/10 USU
 25 30 5 5 5 + avslapp

19/10 U S KIRIKAESHI KEIKO (OTAGAINIKAKARIGEIKO) HAYA kendokata
 20 30-40

26/10 U S SURIAGE-KAESHI KEIKO OTAGAINIKAKARIGEIKO HAYA
 25 30 20 5-10

2/11 U S SURIAGE-KAESHI-NUKI KEIKO OTAGAINIKAKARIGEIKO SUBURI kendokata
 20 30 30 10

9/11 U S UCHIKOMI KIRIKAESHI TSUKI KEIKO OTAGAINIKAKARIGEIKO ~~SUBURI~~ ~~kendokata~~
 20 15 10 15 20 5 5

16/11 U S SURIAGE-KAESHI-NUKI-HARAI-TSUKI KEIKO OTAGAINIKAKARIGEIKO SUBURI kendokata
 20 35 20 5 5 5

23/11 U S UCHIKOMI ~~KAKARIGEIKO~~ KEIKO ~~KIRIKAESHI~~ ~~OTAGAINIKAK.~~ SUBURI kendokata
 20 30 5 5 5 15

30/11 U S UCHIKOMI SHIAI (enka fl. ~~med~~ ~~is~~ ~~stråk~~) OTAGAINIKAK. ~~SUBURI~~ ~~AVSLAPP~~
 20 10 5 5

7/12 U S KIRIKAESHI ~~SURIAGE-KAESHI-NUKI-HARAI-TSUKI~~ KEIKO KAKARIGEIKO
 10 20 2 20 10

14/12 U S "VAD ATT TÄNKA PÅ VID TÄVLING" KIRIKAESHI SHIAI KENDOKATA
 21/12 IND UPPVÄRMNING KLUBBMYSTER SKAD