



# 2. KYU B R A U N G U R T (WADOKAI)

## PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO

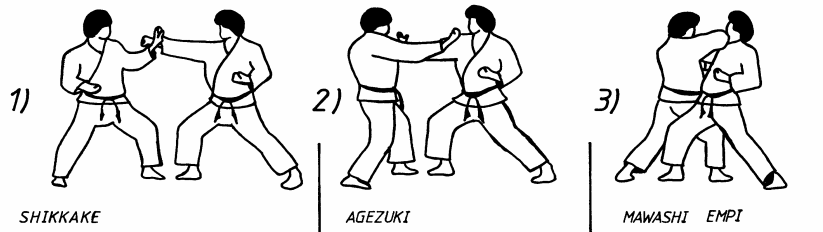


### KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. surikomi mawashigeri jodan
7. surikomi sokuto jodan
8. ushirogeri chudan
9. maetobigeri jodan

ANGREIFER HIDARI GAMAE  
VERTEIDIGER MIGI GAMAE

möglichkeit 1)

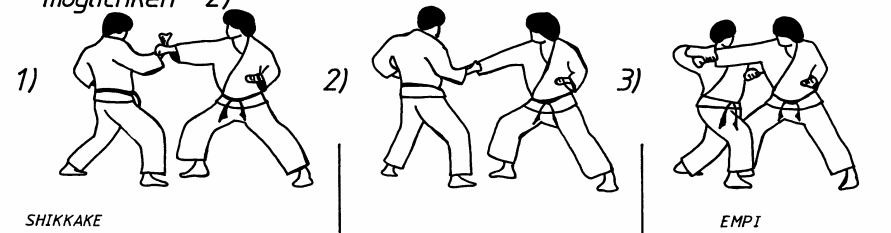


### RENZOKU WAZA

1. surikomi maegeri chudan - nagashizuki jodan - maswashigeri jodan
2. maegeri chudan - sokuto chudan - ushirogeri chudan - gyakuzuki chudan
3. zenshinshite jodan / chudan renzuki - surikomi maegeri chudan - mawashigeri chudan - gyakuzuki chudan

ANGREIFER HIDARI GAMAE  
VERTEIDIGER HIDARI GAMAE

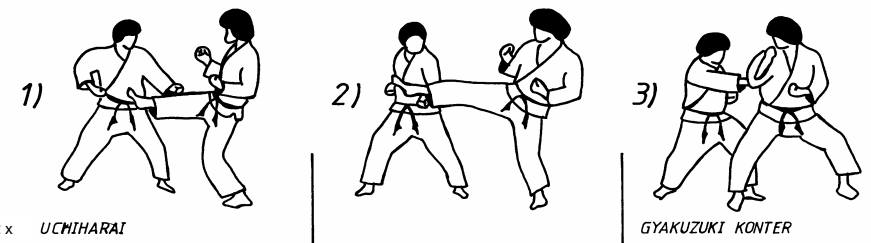
möglichkeit 2)



### UKE SANBON KUMITE

1. jodan uke - shikkake uke - jodan agezuki
2. chudan maegeri uke - renzoku uchiharai uke gyakuzuki ipponme
3. chudan maegeri uke - renzoku sotoharai uke gyakuzuki ipponme

ANGREIFER 2 x MAEGERI - VERTEIDIGER 2 x



### KATA

1. naihanchi
2. kushanku

### OHYO KUMITE

1. sanbonme
2. yonhonme
3. gohonme

### KIHON KUMITE

1. nihonme
2. sanbonme

### JIYU KUMITE

freikampf

ANGREIFER 2 x MAEGERI - VERTEIDIGER 2 x

