



3. KYU BRAUNGURT (WADOKAI)

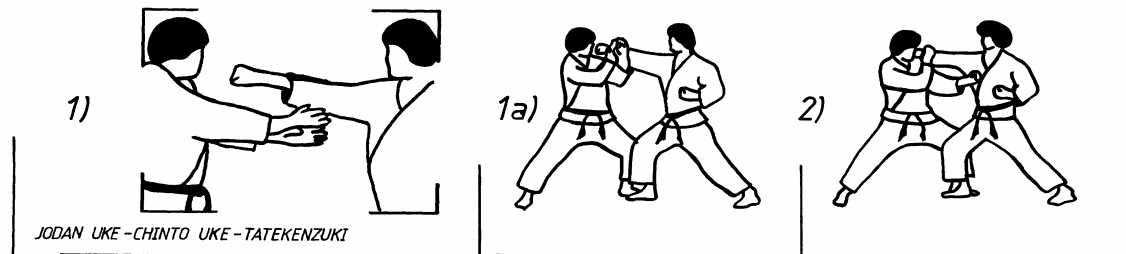
PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



KIHON TSUKI + KERI

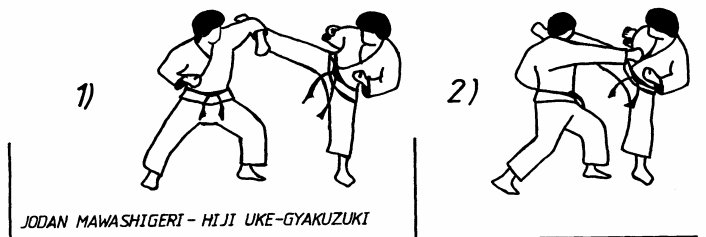
1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. tobikomizuki
6. nagashizuki
7. maswashigeri jodan
8. ushirogeri chudan
9. sokuto chudan

ALLE ANGRIFFE 3 MAL



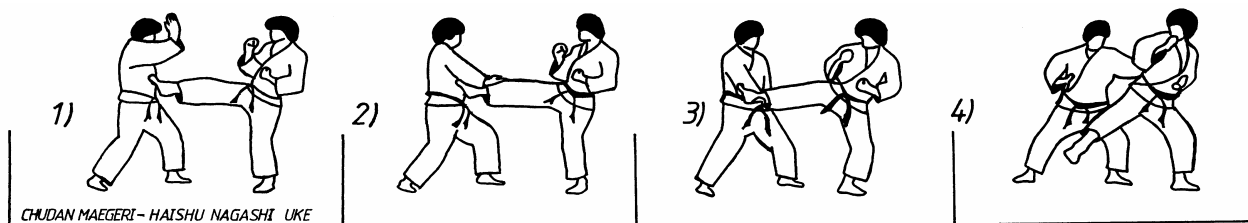
RENZOKU WAZA

1. surikomi maegeri chudan - mawashigeri chudan - ushirogeri chudan - uraken jodan
2. maegeri chudan - nagashizuki jodan - gyakuzuki chudan - mawashigeri chudan
3. surikomi maegeri chudan - sokuto fumikomi - ushirogeri chudan - uraken jodan



UKE SANBON KUMITE

1. jodan uke - chinto uke - tatekenzuki
2. jodan mawashigeri - hiji uke - gyakuzuki
3. chudan maegeri - haishu nagashi uke
4. chudan sokuto - uchi sukui uke



KATA

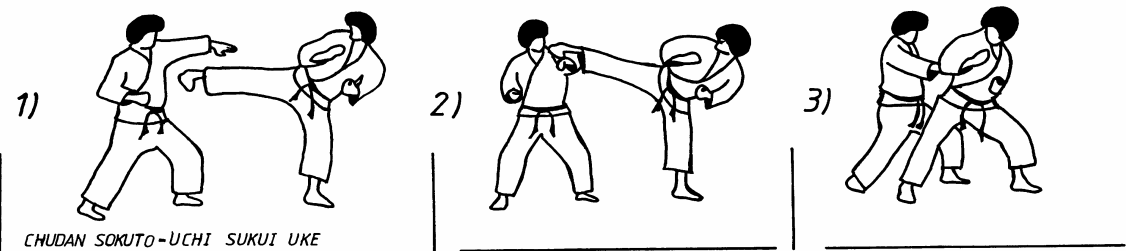
1. pinan godan
2. naihanchi

OHYO KUMITE

1. ipponme
2. nihonme
3. yonhonme

KIHON KUMITE

1. ipponme
2. nihonme



JIYU KUMITE

freikampf