



6. KYU GRÜNGURT (WADOKAI)

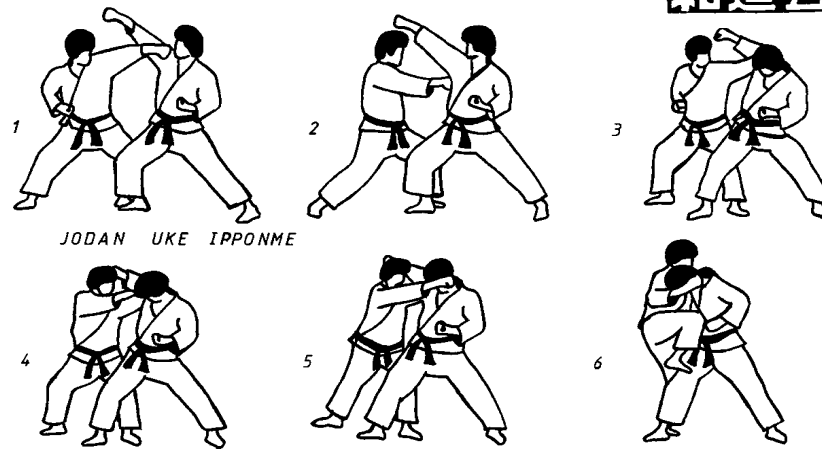
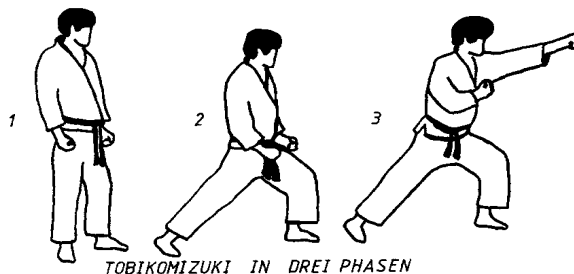
PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. tobikomizuki
4. surikomi mawashigeri chudan
5. surikomi sokuto chudan

kette = maegeri bei kette bleibt der tsuki stehen

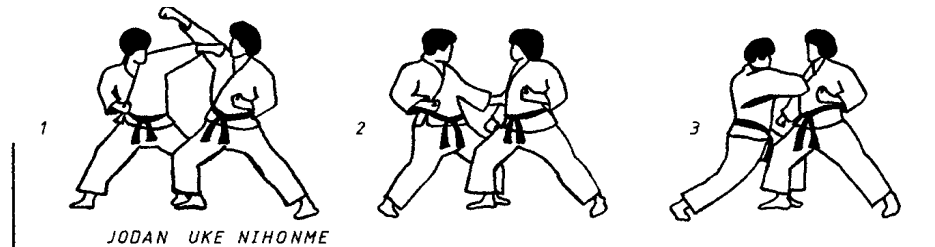


RENZOKU WAZA

1. maegeri chudan - sokuto fumikomi - gyakuzuki chudan
2. surikomi maegeri chudan - sokuto chudan - gyakuzuki chudan

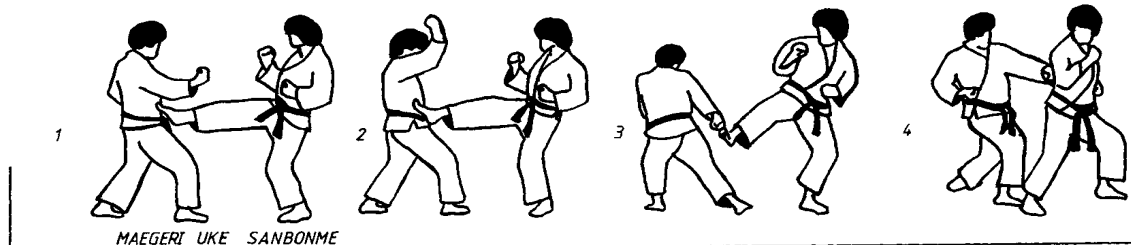
UKE SANBON KUMITE

1. jodan uke ipponme
2. jodan uke nihonme
3. chudan maegeri uke sanbonme - sotoharai / gyakuzuki
4. chudan maegeri uke yonhonme - sotoharai / gyakuzuki



KATA

1. pinan shodan
2. pinan sandan



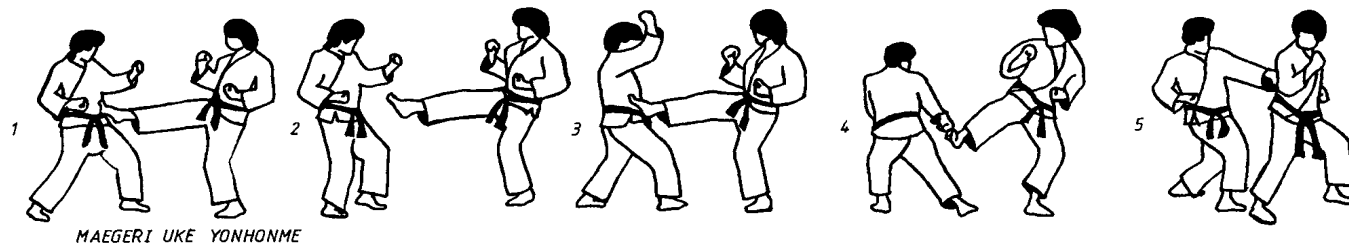
OHYO KUMITE

1. ipponme

YAKUSOKU KUMITE

jiyu nihon kumite

(halbfreier kampf)
(zwei Angriffe)



JIYU KUMITE

freikampf