



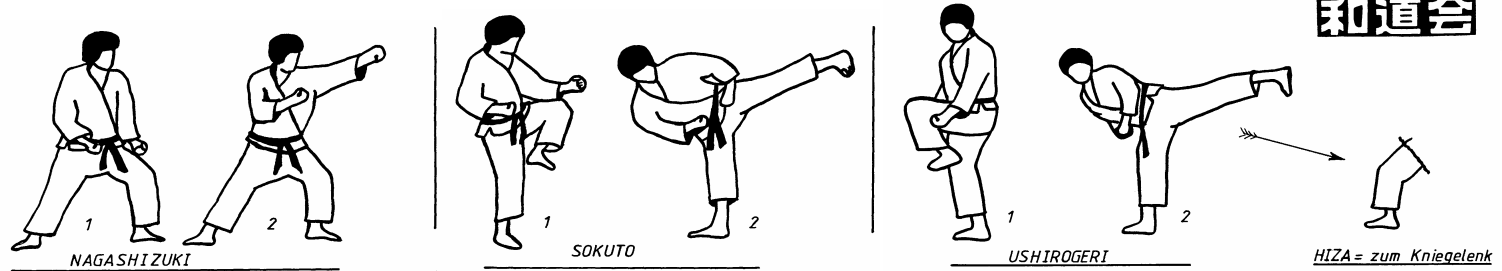
5. KYU B L A U G U R T (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



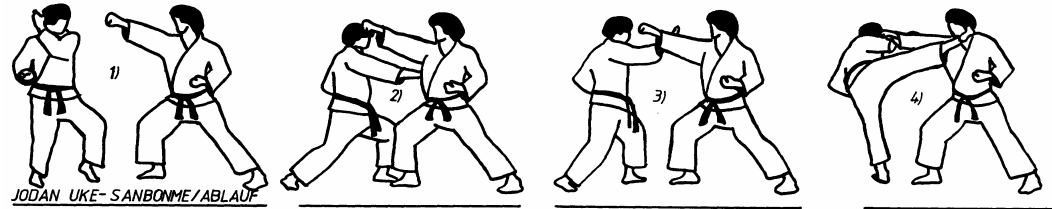
KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. ushirogeri hiza
7. sokuto chudan
8. maetobigeri jodan (maegeri im sprung)



RENZOKU WAZA

1. mawashigeri chudan - ushirogeri gedan - gyakuzuki chudan
2. surikomi sokuto fumikomi - ushirogeri chudan - uraken jodan

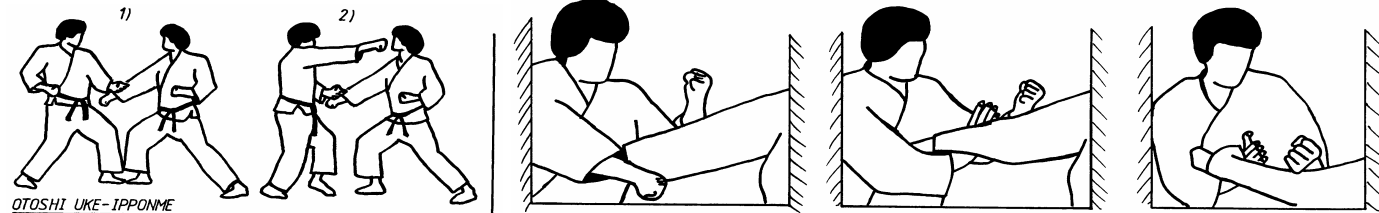


UKE SANBON KUMITE

1. jodan uke - sanbonme
jodan uke - yonhonme
2. chudan maegeri uke - gohonme
chudan maegeri uke - ropponme
3. chudan uchi uke - otoshi uke ipponme
4. chudan soto uke - maki uke ipponme



surikomi = übersetzen
suriashi = gleiten
zurückkehren - erst hint. Fuss zurück -dann vord. Fuss zurück



KATA

1. pinan sandan
2. pinan yodan

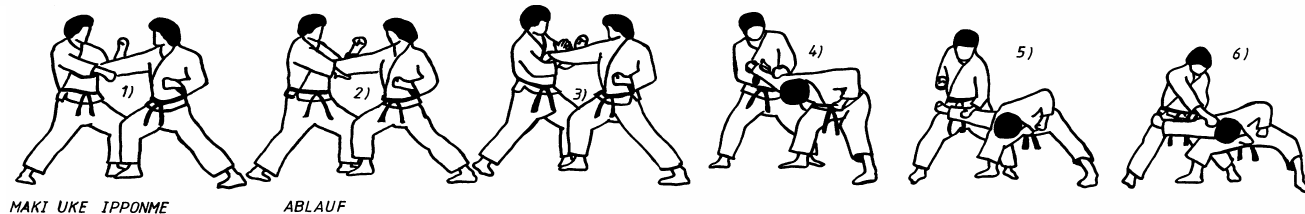
OHYO KUMITE

1. nihonme

YAKUSOKU KUMITE

(halbfreier kampf)
(drei Angriffe)

jiyu sanbon kumite



JIYU KUMITE

freikampf