



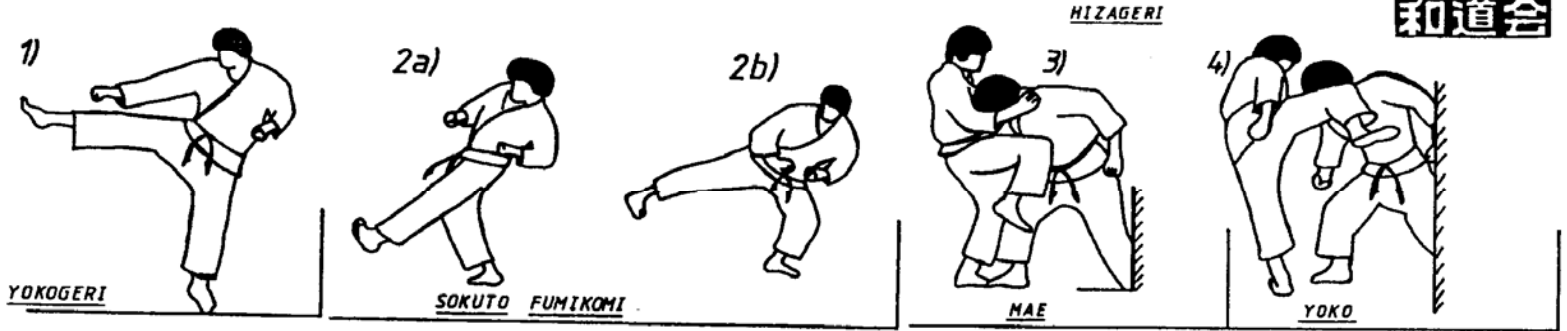
1. DAN SCHWARZGURT (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



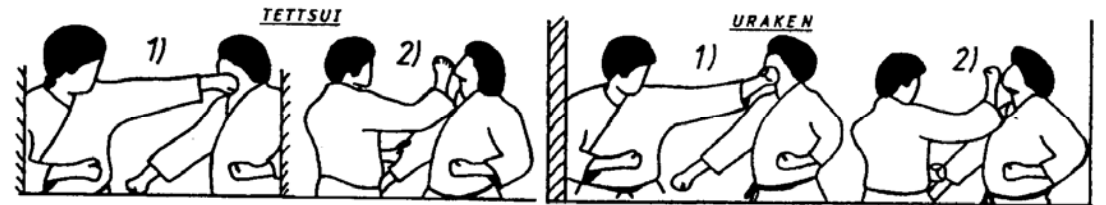
KIHON TSUKI + KERI

- 1. kette junzuki nidozuki
- 2. kette gyakuzuki nidozuki
- 3. kette junzuki no tsukomi nidozuki
- 4. kette gyakuzuki no tsukomi nidozuki
- 5. tobikomizuki
- 6. nagashizuki



JCHI WAZA

- 1. shuto hidari - migi - jodan
- 2. tetsui hidari yoko jodan - migi otoshi chudan
- 3. uraken hidari yoko jodan - migi otoshi chudan
- 4. haito hidari - migi ganmen - hidari ganmen - renzoku uchi jodan - migi chudan
- 5. teisho hidari age - migi age jodan
- 6. empi age jodan - mawashi jodan - yoko chudan - ushiro chudan



KERI WAZA

- 1. maegeri
- 2. mawashigeri
- 3. sokuto
- 4. sokuto fumikomi
- 5. hizageri mae yoko
- 6. yokogeri
- 7. ushirogeri
- 8. nidangeri
- 9. tobisokuto (kesageri)
- 10. ushiromawashigeri



RENZOKU WAZA

- 1. maegeri jodan - mawashigeri jodan - ushirogeri chudan - uraken jodan - shuto uke jodan (nekoashi) - nekoashi maegeri - nagashizuki jodan - gyakuzuki chudan
- 2. zenshinshite jodan / chudan renzuki - nidangeri - gyakuzuki jodan - nagashizuki jodan - surikomi sokuto jodan



KATA

- 1. naihanchi
- 2. kushanku
- 3. chinto

DAIKYO KUMITE

- 1. ipponme
- 2. nihonme
- 3. sanbonme
- 4. yonhonme
- 5. gohonme

KIHON KUMITE

- 1. ipponme
- 2. nihonme
- 3. sanbonme
- 4. yonhonme
- 5. gohonme

IYU KUMITE

freikampf

