



2. KYU BRAUNGURT (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO

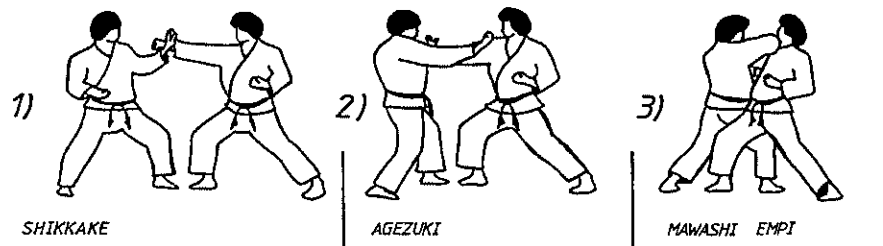


KIHON TSUKI + KERI

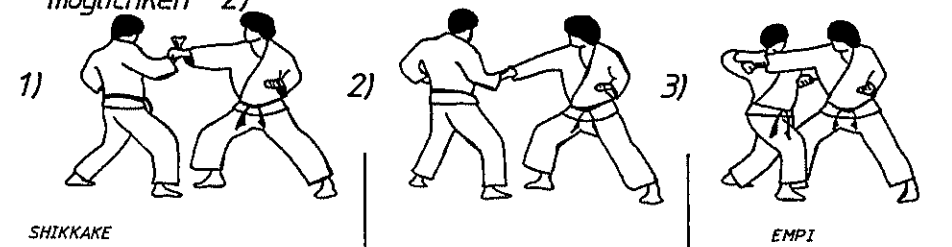
1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. surikomi mawashigeri jodan
7. surikomi sokuto jodan
8. ushirogeri chudan
9. maetobigeri jodan

ANGREIFER HIDARI GAMAE
VERTEIDIGER MIGI GAMAE

möglichkeit 1)



möglichkeit 2)



RENZOKU WAZA

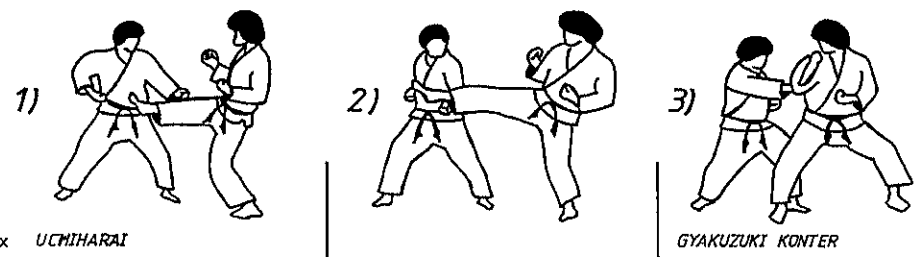
1. surikomi maegeri chudan - nagashizuki jodan - mawashigeri jodan
2. maegeri chudan - sokuto chudan - ushirogeri chudan - gyakuzuki chudan
3. zenshinshite jodan / chudan renzuki - surikomi maegeri chudan - mawashigeri chudan - gyakuzuki chudan

ANGREIFER HIDARI GAMAE
VERTEIDIGER HIDARI GAMAE

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 2x MAEGERI - VERTEIDIGER 2x



KATA

1. naihanchi
2. kushanku

OHYO KUMITE

1. sanbonme
2. yonhonme
3. gohonme

KIHON KUMITE

1. nihonme
2. sanbonme

JIYU KUMITE

freikampf

ANGREIFER 2x MAEGERI - VERTEIDIGER 2x

