

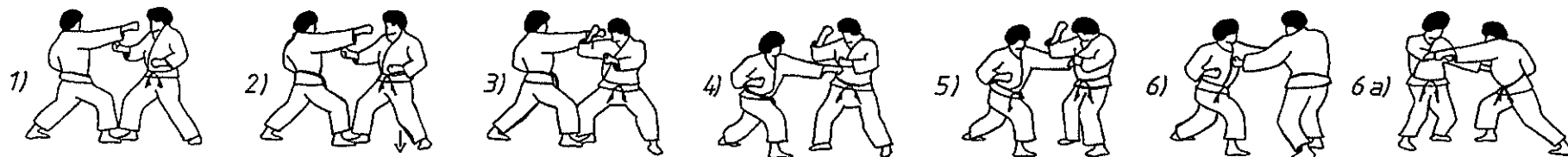


KIHON KUMITE 1 - 5 (WADOKAI)

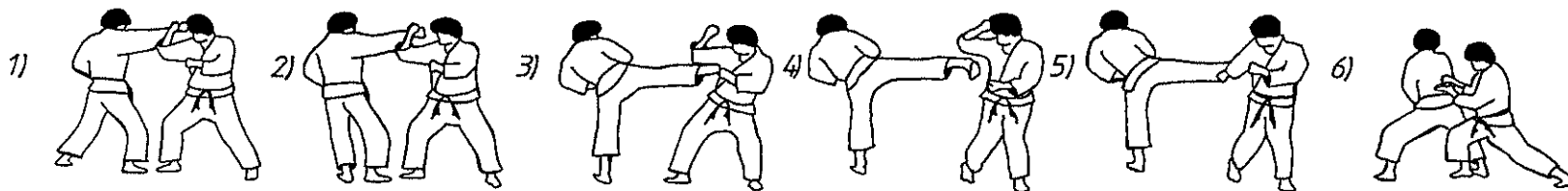
PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



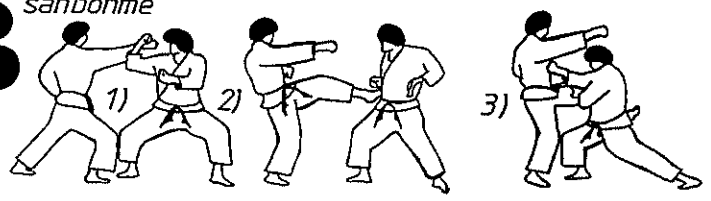
1 ipponme



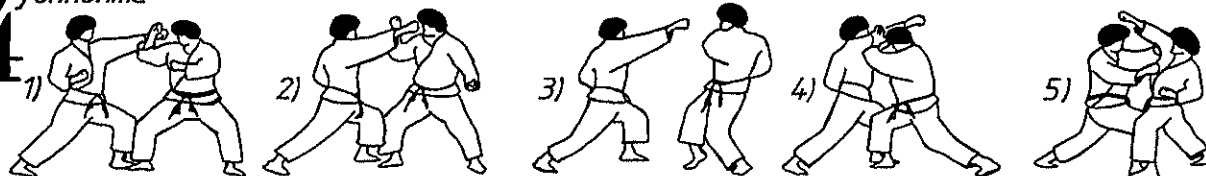
2 nihonme



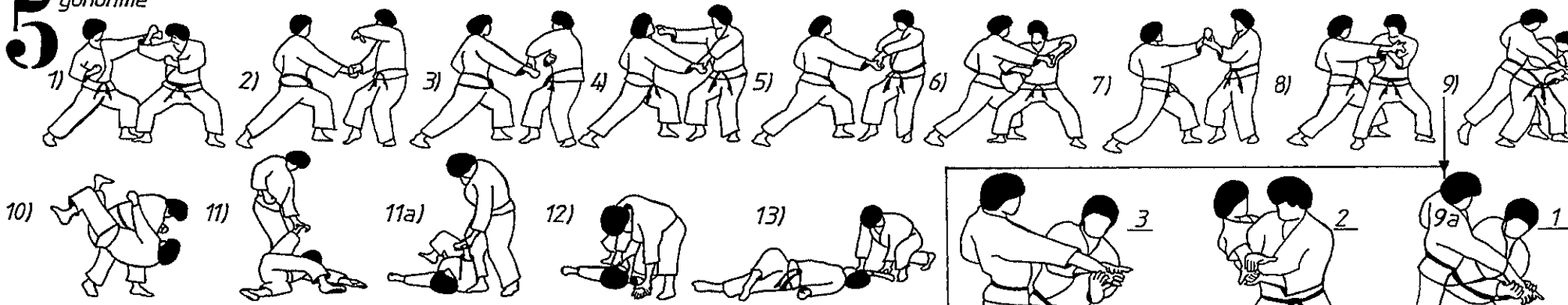
3 sanbonme



4 yonhonme



5 gohonme



3 möglichkeiten!