



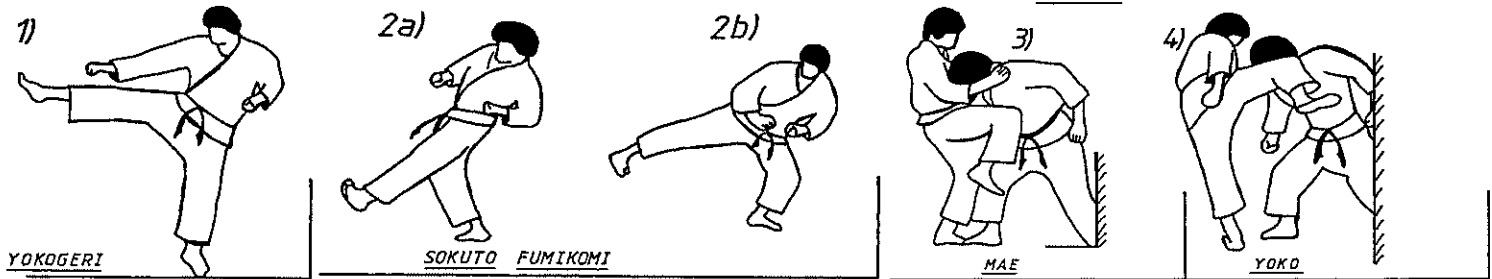
1. DAN SCHWARZGURT (WADOKAI)



PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO

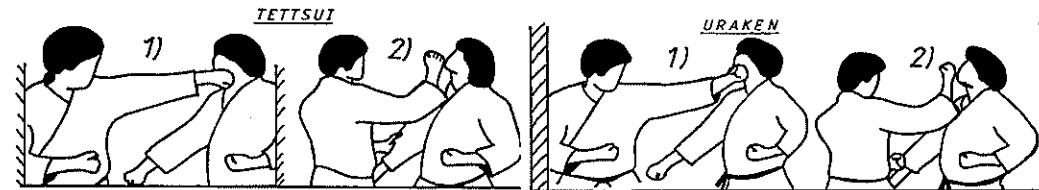
KIHON TSUKI + KERI

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



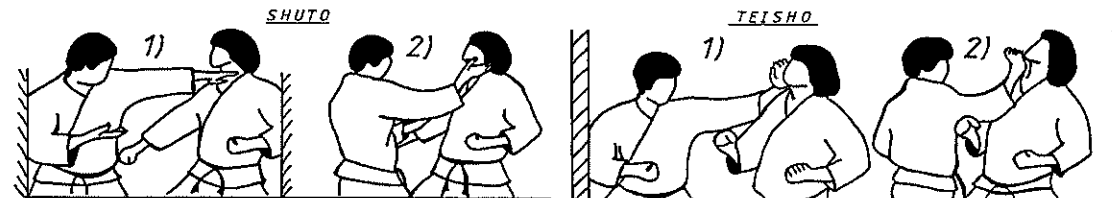
UCHI WAZA

1. shuto hidari - migi - jodan
2. tettsui hidari yoko jodan - migi otoshi chudan
3. uraken hidari yoko jodan - migi mashi men uraken jodan
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



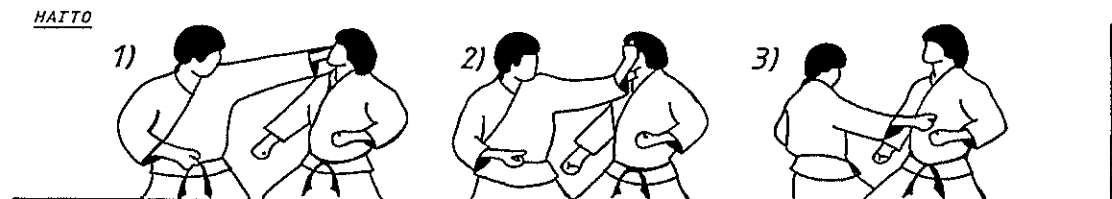
KERI WAZA

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 renzoku - nidangeri - gyakuzuki jodan - nagashizuki jodan - surikomi sokuto jodan



KATA

1. naihanchi
2. kushanku
3. chinto

OHYO KUMITE

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

KIHON KUMITE

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

JIYU KUMITE

freikampf

