



# 2. 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. tettsumi 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. tobi sokuto (kesageri)
10. ushiromawashigeri

### RENZOKU WAZA

1. maegeri jodan - mawashigeri jodan - ushiromawashigeri jodan - mawashigeri chudan - tobikomizuki jodan - uraken jodan - gyakuzuki chudan
2. zenshinshite jodan / chudan renzoku - nidangeri - gyakuzuki jodan - nagashizuki jodan - surikomi sokuto jodan

### KATA

1. chinto
2. seishan
3. bassai

### OHYO KUMITE

1. ipponme
2. nihonme
3. sanbonme
4. yonhonme
5. gohonme
6. ropponme
7. nanahonme

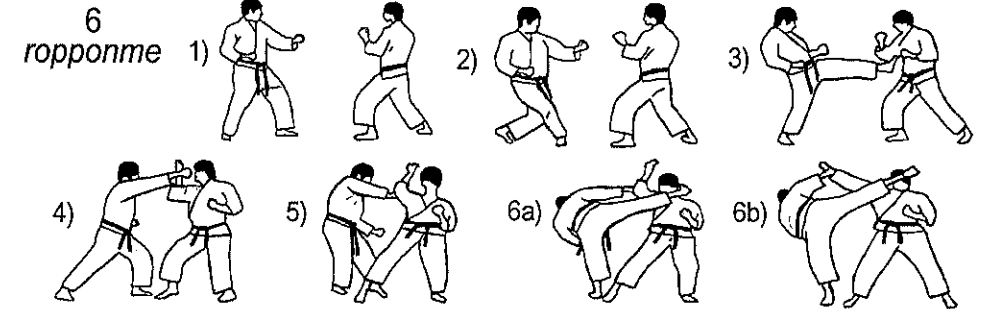
### KIHON KUMITE

1. ipponme
2. nihonme
3. sanbonme
4. yonhonme
5. gohonme
6. ropponme
7. nanahonme

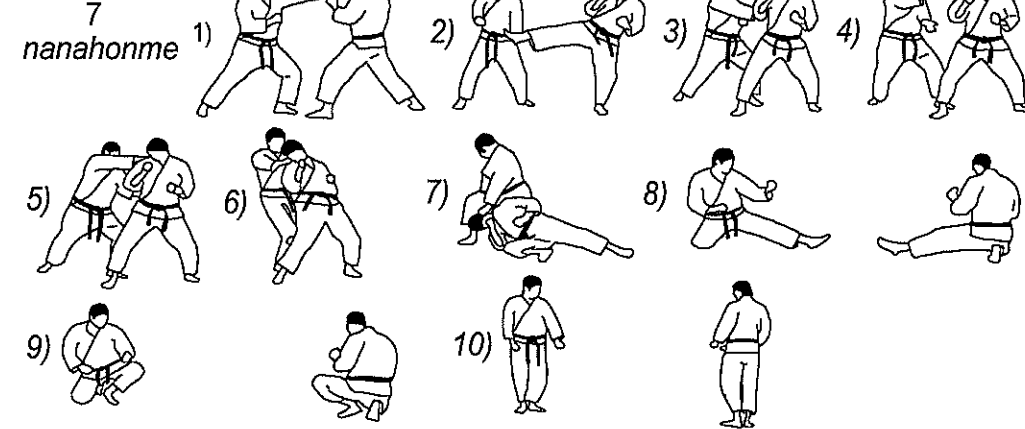
### JIYU KUMITE

freikampf

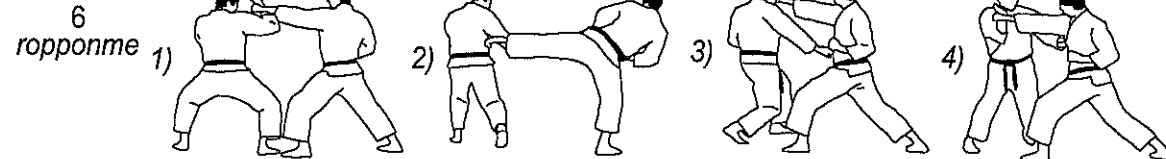
### OHYO KUMITE



### OHYO KUMITE



### KIHON KUMITE



### KIHON KUMITE

