



3. KYU BRAUNGURT (WADOKAI)

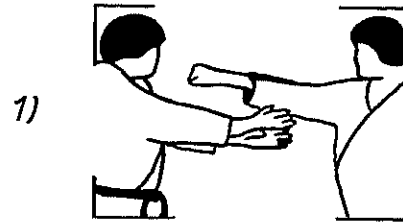
PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



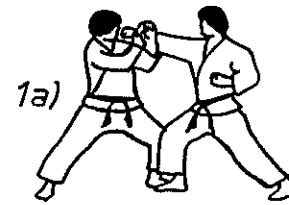
KIHON TSUKI + KERI

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

ALLE ANGRIFFE 3 MAL



JODAN UKE - CHINTO UKE - TATEKENZUKI



RENZOKU WAZA

1. surikomi maegeri chudan - mawashigeri chudan - ushirogeri chudan - uraken jodan
2. maegeri chudan - nagashizuki jodan - gyakuzuki chudan - mawashigeri chudan
3. surikomi maegeri chudan - sokuto fumikomi - ushirogeri chudan - uraken jodan



JODAN MAWASHIGERI - HIJI UKE - GYAKUZUKI

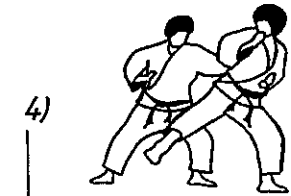
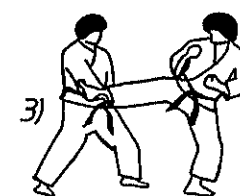
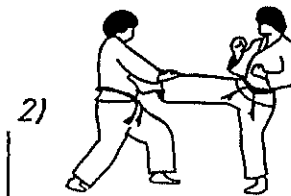


UKE SANBON KUMITE

1. jodan uke - chinto uke - tatekenzuki
2. jodan mawashigeri - hiji uke - gyakuzuki
3. chudan maegeri - haishu nagashi uke
4. chudan sokuto - uchi sukui uke



CHUDAN MAEGERI - HAISHU NAGASHI UKE



KATA

1. pinan godan

2. naihanchi

OHYO KUMITE

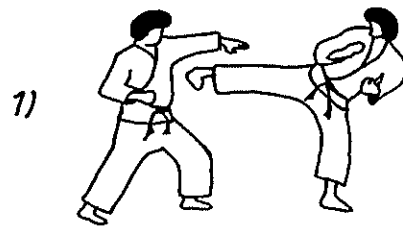
1. ipponme
2. nihonme
3. yonhonme

KIHON KUMITE

1. ipponme
2. nihonme

JIYU KUMITE

freikampf



CHUDAN SOKUTO - UCHI SUKUI UKE

