



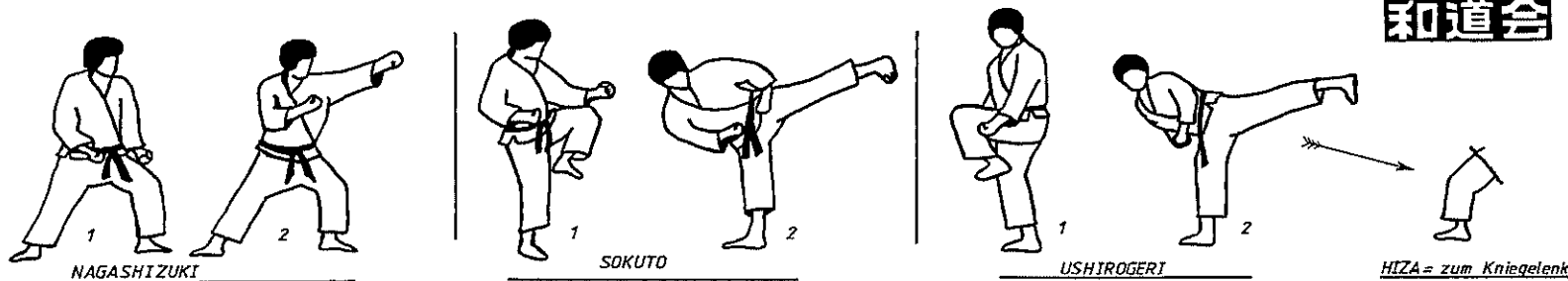
# 5. KYU B L A U G U R T (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



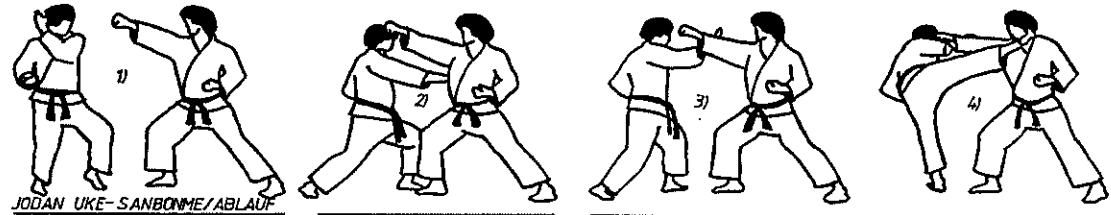
## KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. ushirogeri hiza
7. sokuto chudan
8. maetobigeri jodan (maegeri im sprung)



## RENZOKU WAZA

1. mawashigeri chudan - ushirogeri gedan - gyakuzuki chudan
2. surikomi sokuto fumikomi - ushirogeri chudan - uraken jodan



## UKE SANBON KUMITE

1. jodan uke - sanbonme  
jodan uke - yonhonme
2. chudan maegeri uke - gohonme  
chudan maegeri uke - ropponme
3. chudan uchi uke - otoshi uke ipponme
4. chudan soto uke - maki uke ipponme

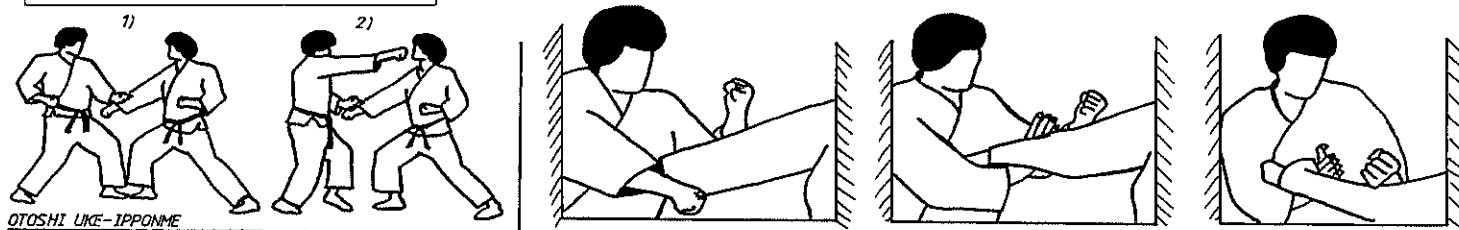


anгр. = surikomi maegeri  
vert. = suriashi zurück  
gohonme = sotoharai  
ropponme = uchiharai

surikomi = übersetzen  
suriashi = gleiten  
zurückkehren - erst hint, Fuss zurück -dann vord, Fuss zurück

## KATA

1. pinan sandan
2. pinan yodan

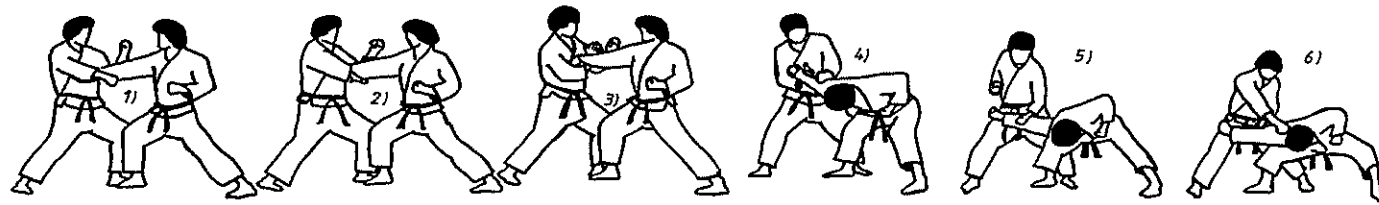


## OHYO KUMITE

1. nihonme

## YAKUSOKU KUMITE

(halbfreier kampf)  
(drei Angriffe)



## JIYU KUMITE

freikampf