

3. Dan – Schwarzgurt



KIHON TSUKI WAZA

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

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|------------|---|
| 1. Shuto | Hidari – Migi – Jodan |
| 2. Tettsui | Hidari Yoko Jodan – Migi Otoshi Chudan |
| 3. Uraken | Hidari Yoko Jodan – Migi Mashomen 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

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|----------------------|-----------------------|
| 1. Maegeri | 6. Yokogeri |
| 2. Mawashigeri | 7. Ushirogeri |
| 3. Sokuto | 8. Nidangeri |
| 4. Sokuto Fumikomi | 9. Tobisokuto |
| 5. Hizageri Mae Yoko | 10. Ushiromawashigeri |

RENZOKU WAZA

1. Maegeri Chudan – Jodan Renzokugeri – Mawashigeri Jodan – Ushiromawashigeri Jodan – Mawashigeri Chudan – Junzuki Jodan – Nidangeri – Surikomi Maegeri – Nagashizuki Jodan – Gyakuzuki Chudan
2. Surikomi Maegeri Chudan – Tobikomizuki Jodan – Tobiyokogeri (Sokuto) – Shuto Uchi Age Jodan – Sokuteimawashi Uke Chudan – Sokuto Jodan – Shuto Uchi Uke Jodan – Gyakuzuki Chudan

KATA

1. Bassai
2. Wanshu

OHYO KUMITE

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|-------------|---------------|
| 1. Ipponme | 5. Gohomne |
| 2. Nihonme | 6. Ropponme |
| 3. Sanbonme | 7. Nanahomne |
| 4. Yonhonme | 8. Hachihomne |

KIHON KUMITE

- | | |
|-------------|---------------|
| 1. Ipponme | 5. Gohomne |
| 2. Nihonme | 6. Ropponme |
| 3. Sanbonme | 7. Nanahomne |
| 4. Yonhonme | 8. Hachihomne |

JIYU KUMITE