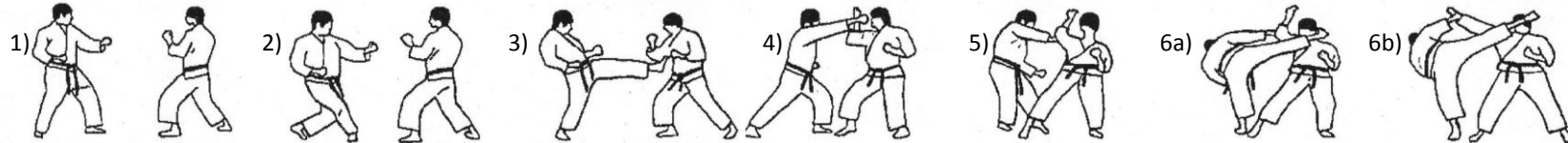


2. Dan – Schwarzgurt



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



Ohyo Kumite Ropponme

UCHI WAZA

- | | |
|------------|---|
| 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

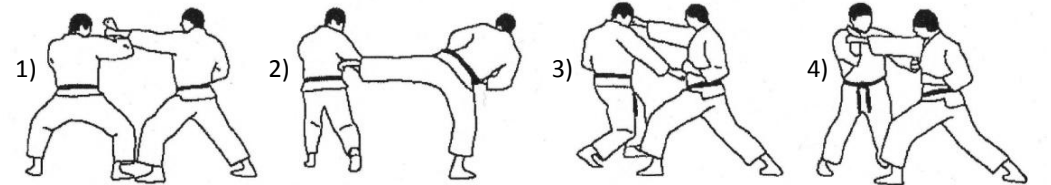
- | | |
|----------------------|-----------------------|
| 1. Maegeri | 6. Yokogeri |
| 2. Mawashigeri | 7. Ushirogeri |
| 3. Sokuto | 8. Nidangeri |
| 4. Sokuto Fumikomi | 9. Tobisokuto |
| 5. Hizageri Mae Yoko | 10. Ushiromawashigeri |



Ohyo Kumite Nanahonme

RENZOKU WAZA

1. Maegeri Jodan – Mawashigeri Jodan – Ushiromawashigeri Jodan – Mawashigeri Jodan – Mawashigeri Chudan – Tobikomizuki Jodan – Mawashigeri Chudan – Tobikomizuki Jodan – Uraken Jodan – Gyakuzuki Chudan
2. Zenshinshite Jodan/Chudan Renzuki – Nidangeri – Gyakuzuki Jodan – Nagashizuki Jodan – Surikomi Sokuto Jodan



Kihon Kumite Ropponme

KATA

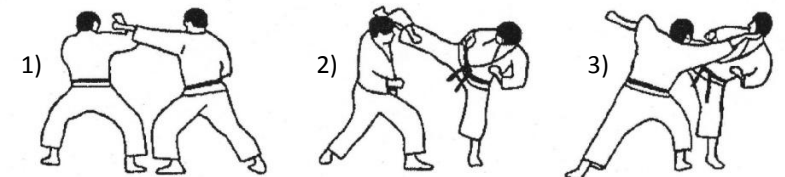
- | | | |
|-----------|------------|-----------|
| 1. Chinto | 2. Seishan | 3. Bassai |
|-----------|------------|-----------|

OHYO KUMITE

- | | |
|-------------|--------------|
| 1. Ipponme | 5. Gohonme |
| 2. Nihonme | 6. Ropponme |
| 3. Sanbonme | 7. Nanahonme |
| 4. Yonhonme | |

KIHON KUMITE

- | | |
|-------------|--------------|
| 1. Ipponme | 5. Gohonme |
| 2. Nihonme | 6. Nihonme |
| 3. Sanbonme | 7. Nanahonme |
| 4. Yonhonme | |



Kihon Kumite Nanahonme

JIYU KUMITE