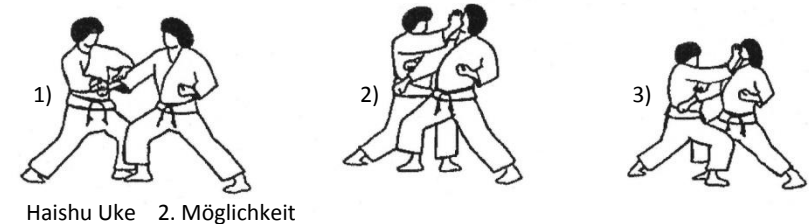
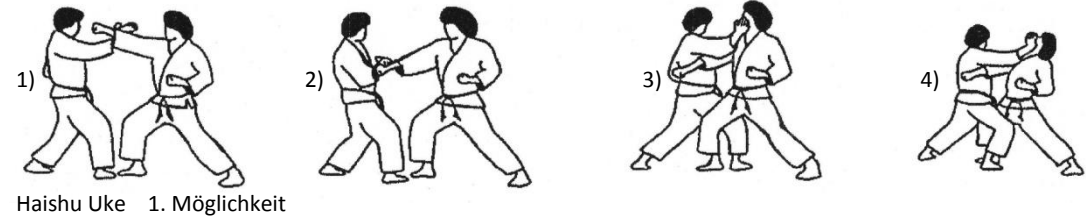


1. Kyu – Braungurt



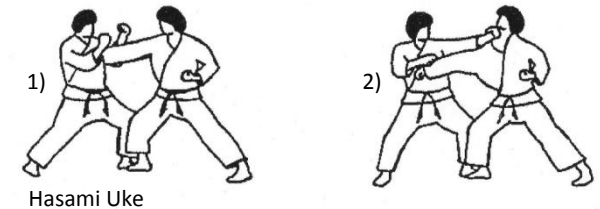
KIHON TSUKI + KERI – Grundtechniken

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukomi
4. Kette Gyakuzuki No Tsukomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Surikomi Sokuto Jodan



RENZOKU WAZA – Kombinationen

1. Maegeri Chudan – Sokuto Jodan – Ushirogeri Chudan – Uraken Jodan – Gyakuzuki Chudan
2. Surikomi Jodan/Chudan Renzuki – Surikomi Maegeri Chudan – Mawashigeri Chudan – Uraken Jodan



SANBON KUMITE

1. Jodan Uke – Haishu Uke – Teisho Agezuki (Uchi)
2. Chudan Uke – Hasami Uke – Uraken Jodan
3. Chudan Maegeri Uke – Renzoku Sotoharai Uke – Gyakuzuki Nihonme
4. Chudan Maegeri Uke – Renzoku Uchiharai Uke – Gyakuzuki Nihonme

KATA

1. Kushanku
2. Chinto

OHYO KUMITE

1. Yonhonme
2. Gohonme

KIHON KUMITE

1. Sanbonme
2. Yonhonme

