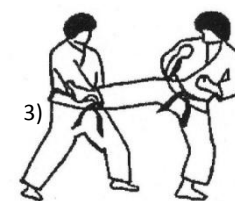
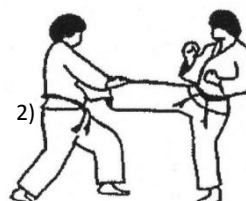
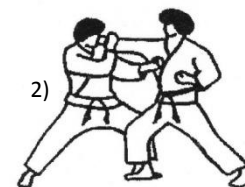


3. Kyu – Braungurt



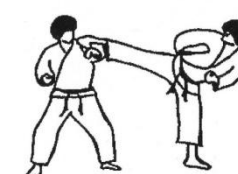
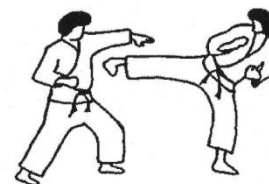
KIHON TSUKI + KERI – Grundtechniken

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



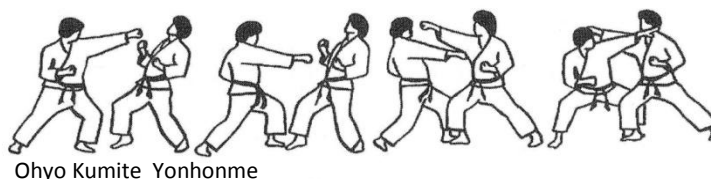
RENZOKU WAZA – Kombinationen

1. Surikomi Ushirogeri Chudan – Empi Uchi Ushiro Chudan – Tettsui Uchi (Kiba Dachi) – Uraken Jodan (Nekoashi Dachi) – Gyakuzuki Chudan
2. Surikomi Maegeri Chudan – Sokuto Fumikomi – Ushirogeri Chudan – Uraken Jodan
3. Surikomi Maegeri Jodan – Surikomi Mawashigeri Jodan – Surikomi Maetobigeri – Tettsui Uchi



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



KATA

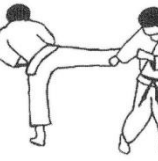
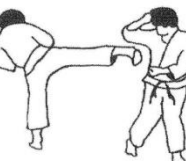
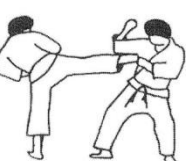
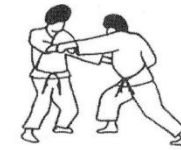
1. Pinan Godan
2. Naihanchi

OHYO KUMITE

1. Ipponme
2. Nihonme
3. Yonhonme

KIHON KUMITE

1. Ipponme
2. Nihonme



JIYU KUMITE