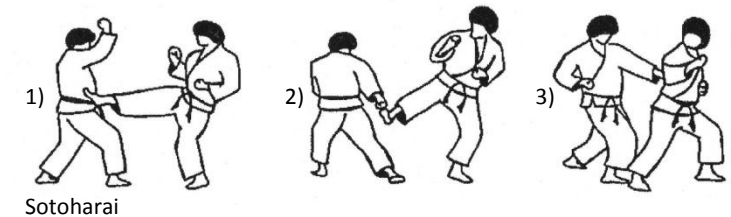
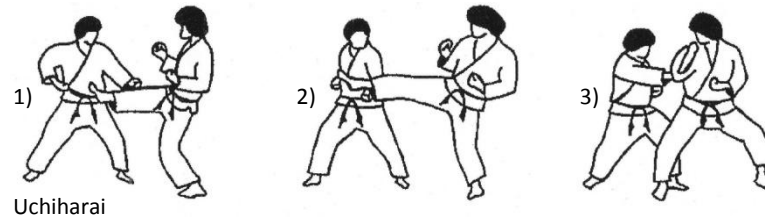
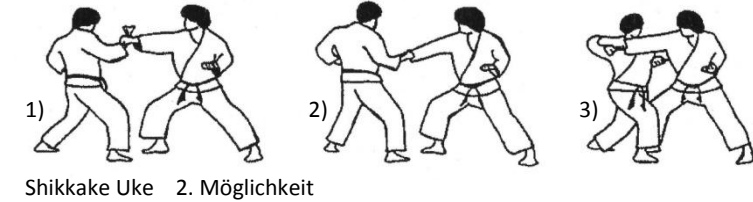
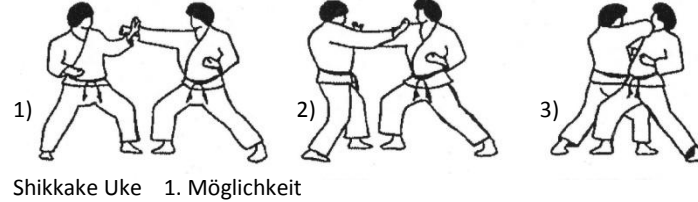


2. Kyu – Braungurt



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. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Maetobigeri Jodan



RENZOKU WAZA – Kombinationen

1. Surikomi Maegeri Chudan – Nagashizuki Jodan – Mawashigeri Jodan
2. Surikomi Sokuto Chudan – Uchi Uke (Kiba Dachi) – Urazuki Chudan – Gedan Barai – Maegeri Chudan
3. Zenshinshite Jodan/Chudan Renzuki – Maegeri Chudan – Nagashizuki Jodan – Gyakuzuki Chudan – Mawashigeri Chudan

SANBON KUMITE

1. Jodan Uke – Shikkake Uke – Jodan Agezuki
2. Chudan Maegeri Uke – Renzoku Uchiharai Uke – Gyakuzuki Ipponme
3. Chudan Maegeri Uke – Renzoku Sotoharai Uke – Gyakuzuki Ipponme

KATA

1. Naihanchi
2. Kushanku

OHYO KUMITE

1. Sanbonme
2. Yonhonme
3. Gohonme

KIHON KUMITE

1. Nihonme
2. Sanbonme

