

5. Kyu – Blaugurt



KIHON TSUKI + KERI – Grundtechniken

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



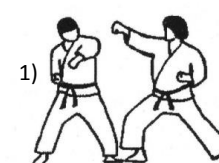
Nagashizuki



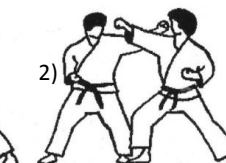
Ushirogeri



Jodan Uke Sanbonme



Jodan Uke Yonhonme



RENZOKU WAZA – Kombinationen

1. Mawashigeri Chudan – Ushirogeri Gedan – Gyakuzuki Chudan
2. Surikomi Sokuto Fumikomi – Ushirogeri Chudan – Uraken Jodan
3. Jodan Uke – Maegeri Chudan – Tobikomizuki Jodan

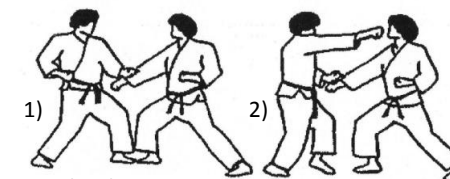


Surikomi Maegeri

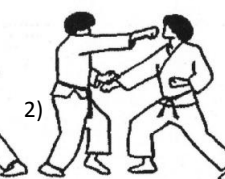
Suriashi

Gohonme: Sotoharai

Ropponme: Uchiharai

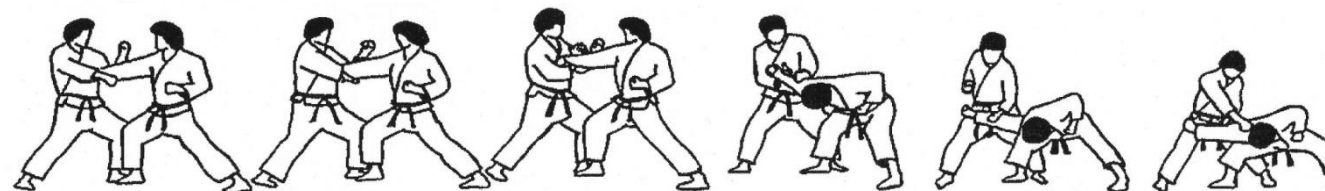


Otoshi Uke Ipponme



SANBON KUMITE

1. Jodan Uke Sanbonme
Jodan Uke Yonhonme
2. Chudan Maegeri Uke Gohonme
Chudan Maegeri Uke Ropponme
3. Chudan Uchi Uke – Otoshi Uke Ipponme
4. Chudan Soto Uke – Maki Uke Ipponme



Maki Uke Ipponme

KATA

1. Pinan Sandan
2. Pinan Yodan

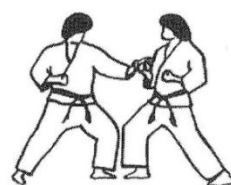
OHYO KUMITE

1. Nihonme

YAKUSOKU KUMITE

Jiyu Sanbon Kumite

JIJU KUMITE



Ohyo Kumite Nihonme

