

Panda – Prüfung

KIHON – Grundtechniken

TSUKI

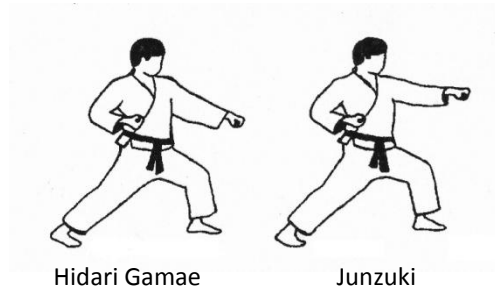
1. Junzuki

KERI

1. Maegeri

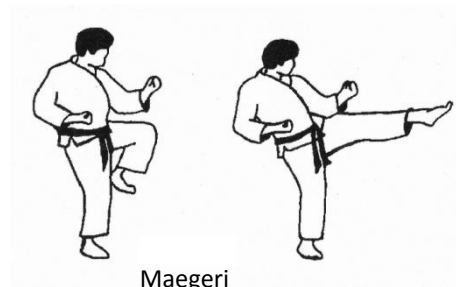
PARKOUR

1. Armkraft
2. Schnelligkeit
3. Kondition
4. Balancieren



Hidari Gamae

Jonzuki



Maegeri