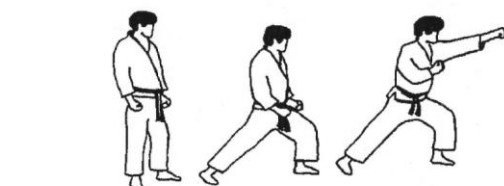


6. Kyu – Grüngurt



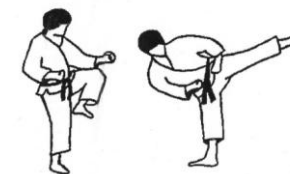
KIHON TSUKI + KERI – Grundtechniken

1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Kette Tobikomizuki
5. Surikomi Mawashigeri Chudan
6. Surikomi Sokuto Chudan



aus Hanmi Shizentai

Tobikomizuki



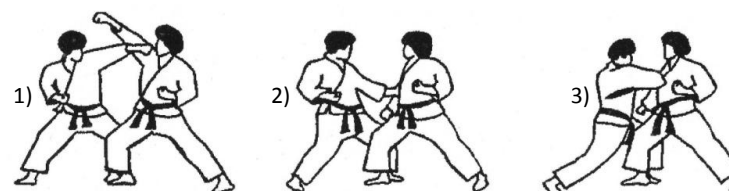
Sokuto



Jodan Uke Ipponme

RENZOKU WAZA – Kombinationen

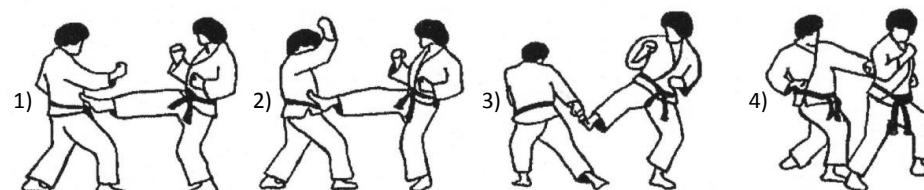
1. Maegeri Chudan – Sokuto Fumikomi – Gyakuzuki Chudan
2. Surikomi Maegeri Chudan – Sokuto Chudan – Gyakuzuki Chudan
3. Maegeri Chudan – Junzuki Chudan – Sokuto Chudan
4. Maegeri Chudan – Junzuki Jodan – Surikomi Sokuto Chudan



Jodan Uke Nihonme

SANBON KUMITE

1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Sanbonme – Sotoharai – Gyakuzuki
4. Chudan Maegeri Uke Yonhonme – Sotoharai – Gyakuzuki



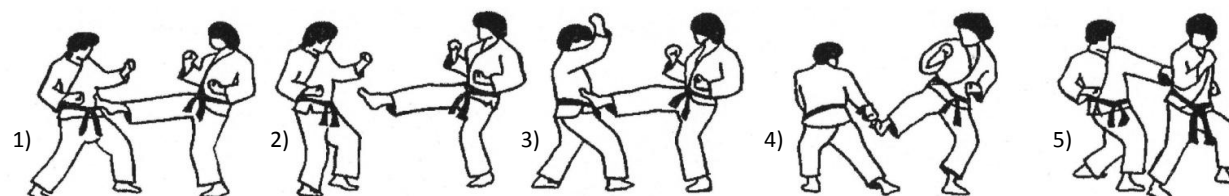
Maegeri Uke Sanbonme

KATA

1. Pinan Shodan
2. Pinan Sandan

OHYO KUMITE

1. Ipponme

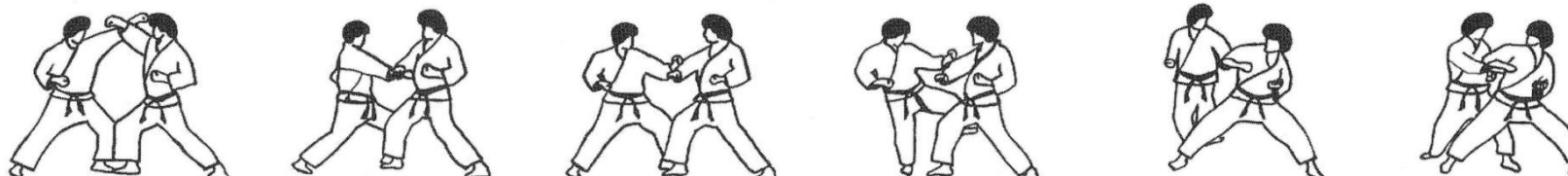


Maegeri Uke Yonhonme

YAKUSOKU KUMITE

Jiyu Nihon Kumite

JIJU KUMITE



Ohyo Kumite Ipponme