

7. Kyu – Orangegurt



KIHON TSUKI + KERI – Grundtechniken

1. Junzuki No Tsukomi
2. Gyakuzuki No Tsukomi
3. Mawashigeri Chudan



aus Hidari Gamae



in Junzuki No Tsukomi



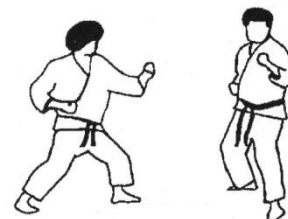
Gyakuzuki No Tsukomi



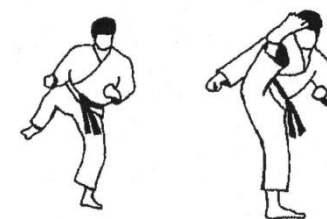
Mawate Gedan Barai

RENZOKU WAZA – Kombinationen

1. Maegeri Chudan – Mawashigeri Chudan – Gyakuzuki Chudan
2. Surikomi Maegeri Chudan – Mawashigeri Chudan – Gyakuzuki Chudan
3. Maegeri Chudan – Gyakuzuki Chudan – Mawashigeri Chudan
4. Surikomi Maegeri Chudan – Gyakuzuki Chudan – Mawashigeri Chudan



Hanmi Gamae



Mawashigeri

SANBON KUMITE

1. Chudan Uke (Soto-Uke) Ipponme – Maegeri – Gyakuzuki
2. Chudan Uke (Uchi-Uke) Nihonme – Empi
3. Chudan Maegeri Uke Ipponme – Uchiharai – Gyakuzuki
4. Chudan Maegeri Uke Nihonme – Uchiharai – Gyakuzuki



Soto-Uke



Uchi-Uke



KATA

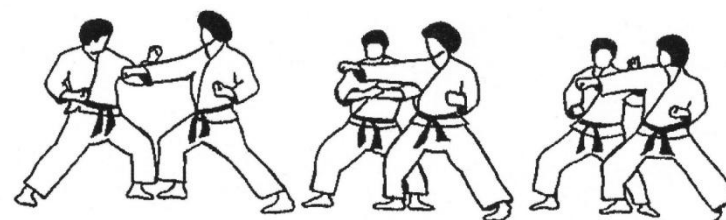
1. Pinan Nidan
2. Pinan Shodan

YAKUSOKU KUMITE

Jiyu Ippon Kumite



Chudan Uke Ipponme



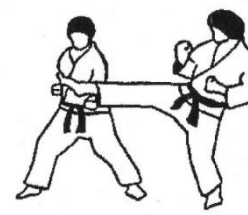
Chudan Uke Nihonme



Maegeri Uke Ipponme



Maegeri Uke Nihonme



Uchiharai



Gyakuzuki