

8. Kyu – Gelbgurt



KIHON – Grundtechniken

TSUKI

1. Junzuki Chudan – Mawate Jodan Uke
2. Gyakuzuki Chudan – Mawate Gedan Barai

KERI

1. Maegeri Chudan
2. Surikomi Maegeri Chudan
3. Sokuto Fumikomi

RENZOKU WAZA – Kombinationen

1. Maegeri Chudan – Gyakuzuki
2. Surikomi Maegeri Chudan – Gyakuzuki

KATA

Pinan Nidan



Hidari Gamae



Junzuki



Jodan Uke



Gyakuzuki



Gedan Barai



Hanmi Gamae



Maegeri



Surikomi



Sokuto Fumikomi