



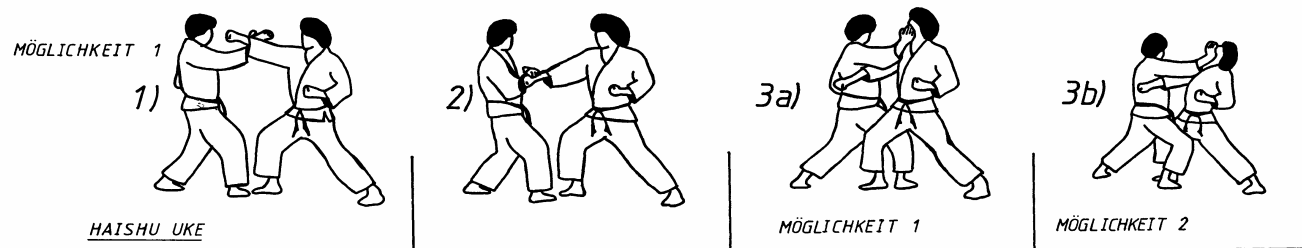
# 1. KYU BRAUNGURT (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



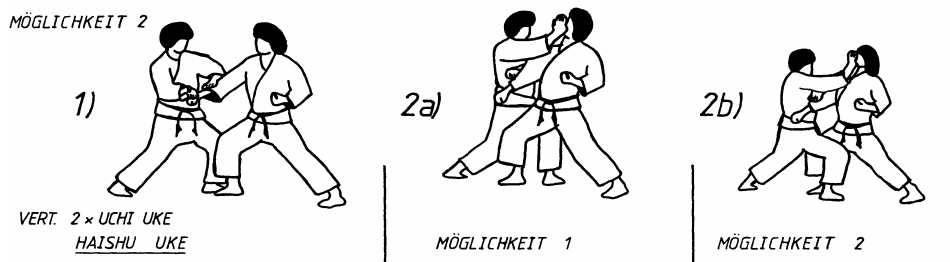
## KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. surikomi maswashigeri jodan
7. maswashigeri jodan
8. ushirogeri chudan
9. surikomi sokuto jodan



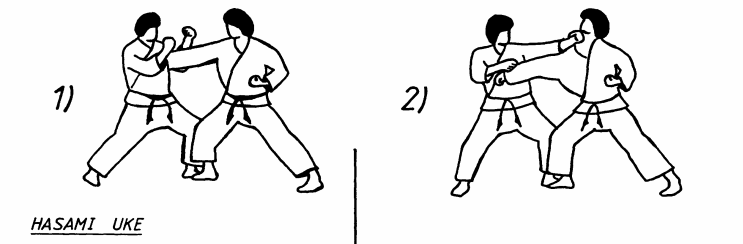
## RENZOKU WAZA

1. zenshinshite jodan / chudan renzuki - maegeri chudan - maswashigeri chudan - ushirogeri chudan - gyakuzuki chudan
2. surikomi jodan / chudan renzuki - surikomi maegeri chudan - mawashigeri chudan - ushirogeri chudan - uraken jodan
3. zenshinshite jodan / chudan renzuki - maegeri chudan - nagashizuki jodan - gyakuzuki chudan - mawashigeri chudan



## UKE SANBON KUMITE

1. jodan uke - haishu uke - teisho agezuki (uchi)
2. chudan uke - hasami uke - uraken jodan
3. chudan maegeri uke - renzoku sotoharai uke gyakuzuki nihonme
4. chudan maegeri uke - renzoku uchiharai uke gyakuzuki nihonme



## KATA

1. kushanku
2. chinto

## OHYO KUMITE

1. yonhonme
2. gohonme

## KIHON KUMITE

1. sanbonme
2. yonhonme

## JIYU KUMITE

freikampf

maegeri uke — angreifer - surikomi vorgehen  
verteidiger - suriashi zurück