



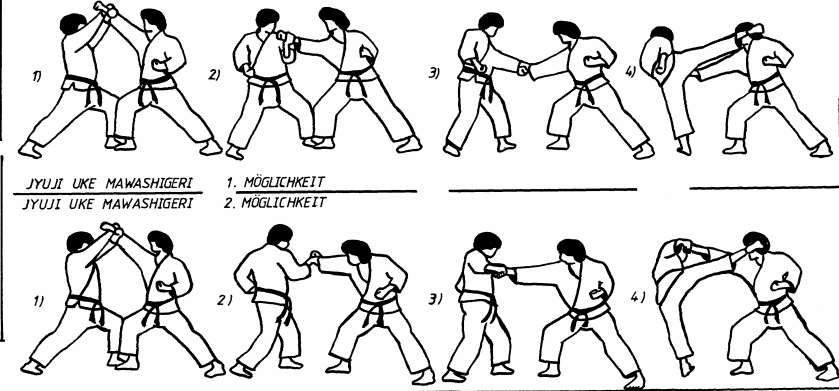
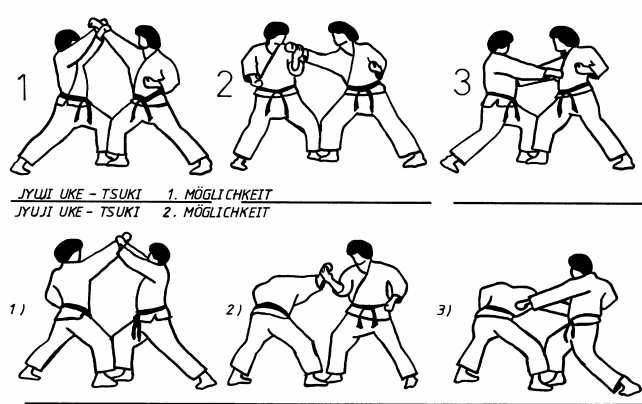
4. KYU VIOLETTGURT (WADOKAI)

PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



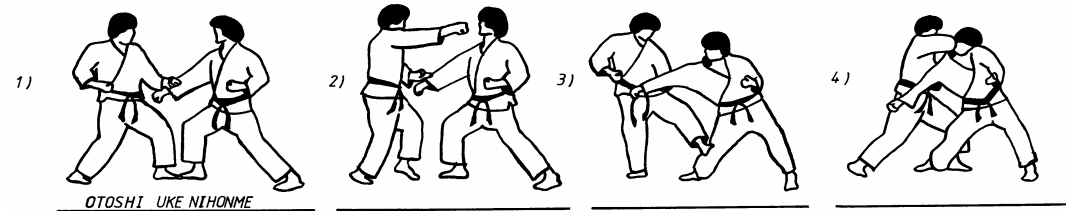
KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. mawashigeri chudan
7. ushirogeri chudan
8. sokuto chudan



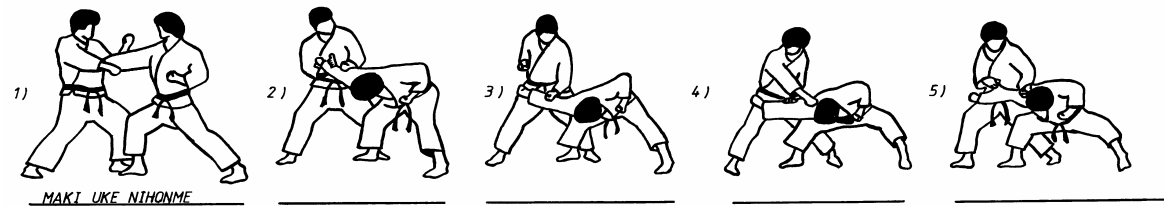
RENZOKU WAZA

1. maegeri chudan - nagashizuki jodan - gyakuzuki chudan
2. surikomi maegeri chudan - nagashizuki jodan - mawashigeri chudan
3. maegeri chudan - sokuto gedan - ushirogeri gedan - gyakuzuki chudan



UKE SANBON KUMITE

1. jodan jyuji uke - chudan tsuki
jodan jyuji uke - jodan mawashigeri
2. chudan uchi uke - otoshi uke nihonme - fumikomi - empi
3. chudan soto uke - maki uke nihonme - uraken
4. jodan sokutei mawashigeri uke - gyakuzuki

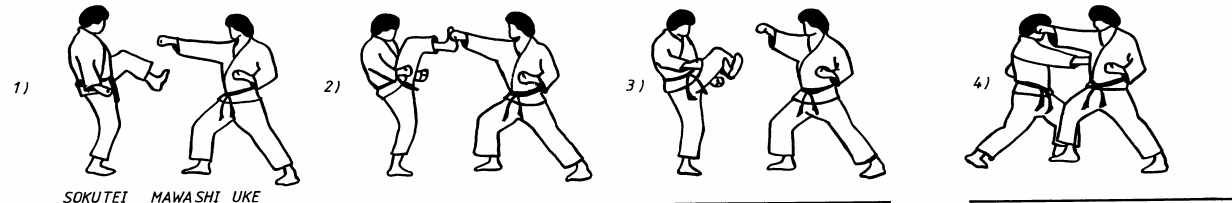


KATA

1. pinan yodan
2. pinan godan

OHYO KUMITE

1. sanbonme



YAKUSOKU KUMITE

(halbfreier Kampf)
(vier Angriffe)

jiyu yonhon kumite

JIYU KUMITE

freikampf