



# 6. KYU GRÜNGURT (WADOKAI)

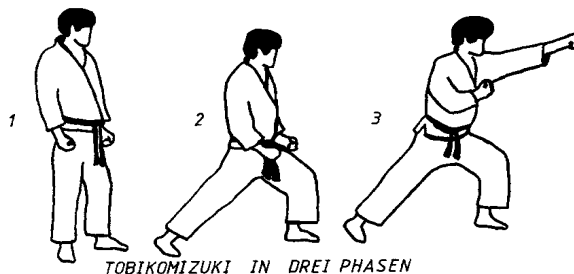
PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



## KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. tobikomizuki
4. surikomi mawashigeri chudan
5. surikomi sokuto chudan

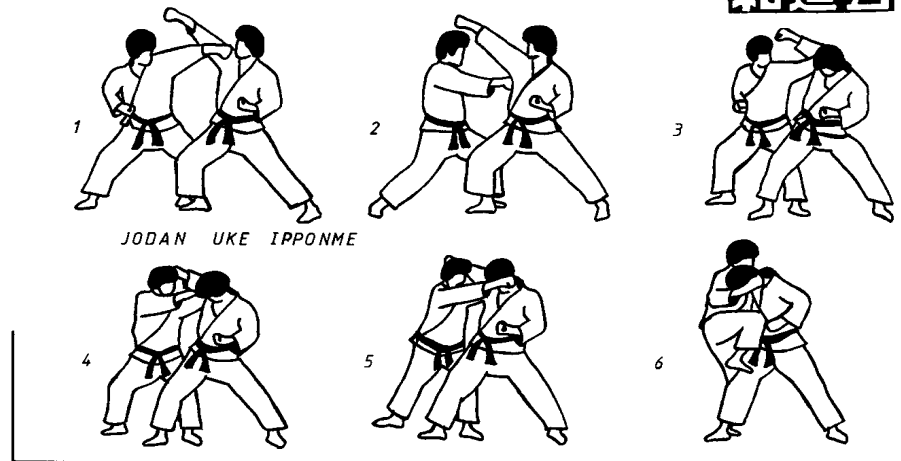
kette = maegeri bei kette bleibt der tsuki stehen



TOBIKOMIZUKI IN DREI PHASEN

## RENZOKU WAZA

1. maegeri chudan - sokuto fumikomi - gyakuzuki chudan
2. surikomi maegeri chudan - sokuto chudan - gyakuzuki chudan

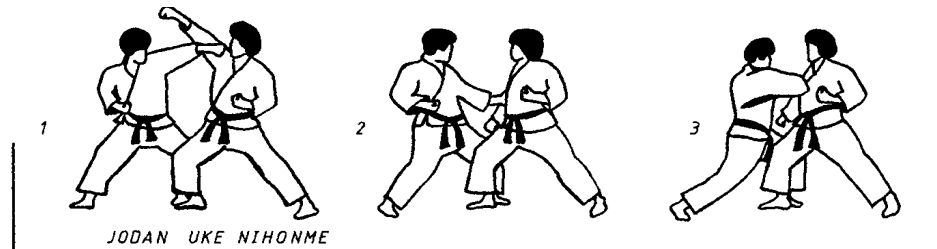


JODAN UKE IPPONME

JODAN UKE NIHONME

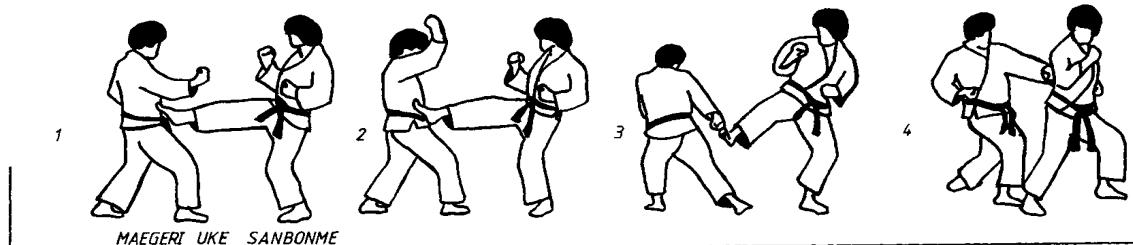
## UKE SANBON KUMITE

1. jodan uke ipponme
2. jodan uke nihonme
3. chudan maegeri uke sanbonme - sotoharai / gyakuzuki
4. chudan maegeri uke yonhonme - sotoharai / gyakuzuki



## KATA

1. pinan shodan
2. pinan sandan



MAEGERI UKE SANBONME

## OHYO KUMITE

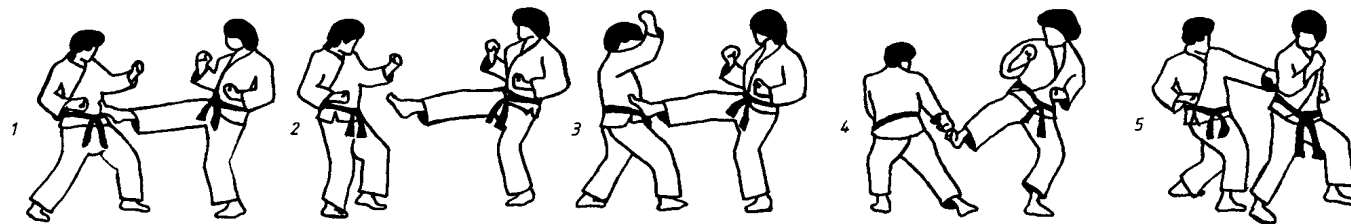
1. ipponme

## YAKUSOKU KUMITE

jiyu nihon kumite

(halbfreier kampf)

(zwei Angriffe)



MAEGERI UKE YONHONME

## JIYU KUMITE

freikampf