



O R A N G E G U R T



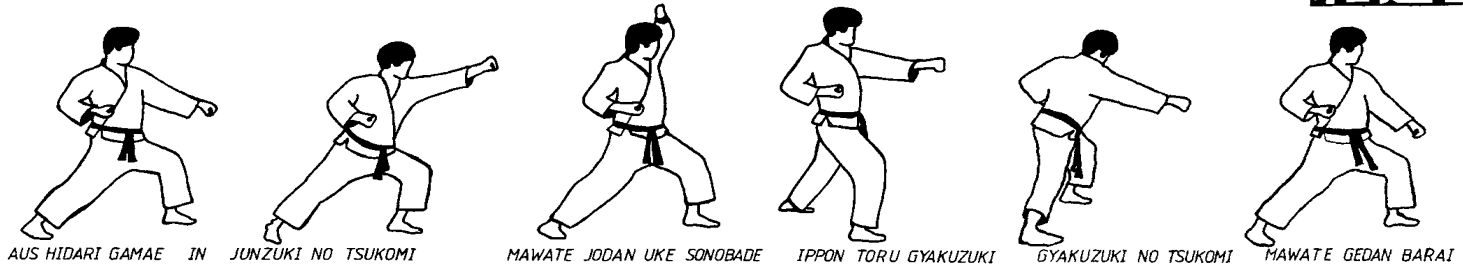
7. KYU

WADO RYU DER WEG DES FRIEDENS
PROF. HIRONORI OHTSUKA 10. DAN

2)

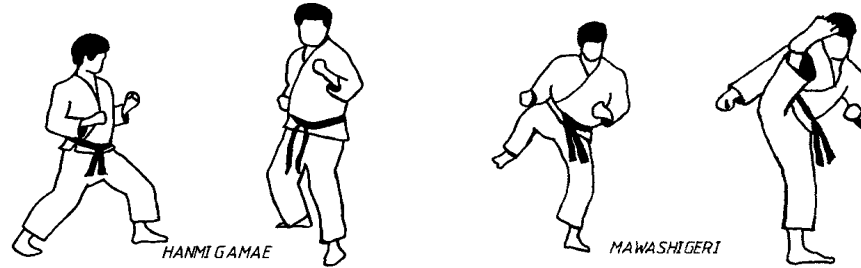
KIHON TSUKI + KERI

1. junzuki no tsukomi
2. gyakuzuki no tsukomi
3. mawashigeri chudan



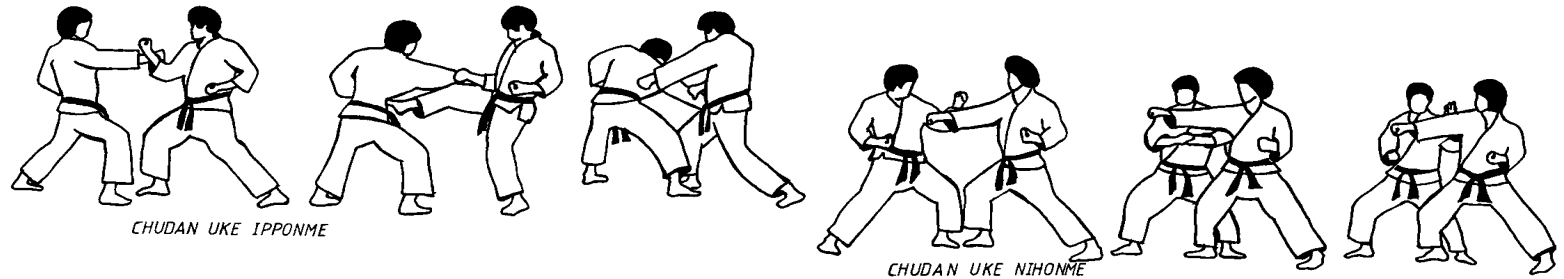
RENZOKU WAZA

1. maegeri chudan - mawashigeri jodan - gyakuzuki chudan
2. surikomi maegeri chudan - mawashigeri jodan - gyakuzuki chudan



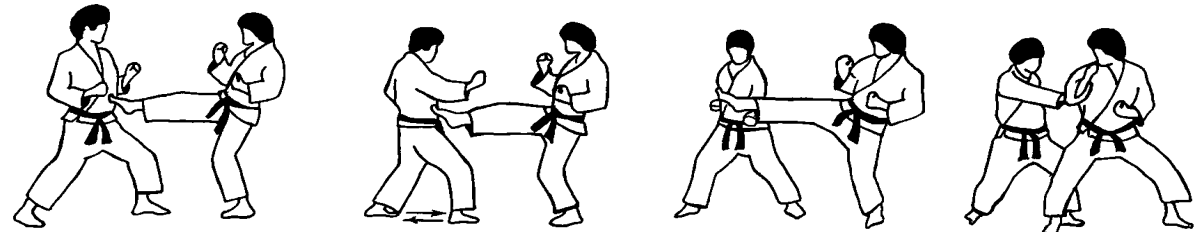
UKE SANBON KUMITE

1. chudan uke (soto - uke) ipponme - maegeri / gyakuzuki
2. chudan uke nihonme - empi
3. chudan maegeri uke ipponme - uchiharai / gyakuzuki
4. chudan maegeri uke nihonme - uchiharai / gyakuzuki



KATA

1. pinan nidan
2. pinan shodan



YAKUSOKU KUMITE JIYU IPPON KUMITE

halbfreier kampf mit angesagte techniken

NUR SCHRITT WECHSEL

FÜR 1 + 2