



G E L B G U R T



8. KYU

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

1)

KIHON - GRUNDSCHULE -

TSUKI (FAUST)

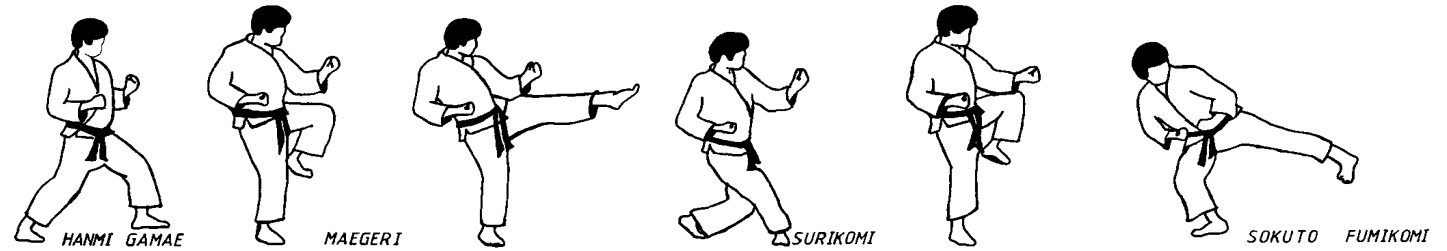
1. junzuki chudan - mawate jodan uke



2. gyakuzuki chudan - mawate gedan barai

KERI (FUSS)

3. maegeri chudan



4. surikomi maegeri chudan

5. sokuto fumikomi

RENZOKU WAZA - KOMBINATIONEN -

1. chudan maegeri - tobikomizuki

2. chudan surikomi maegeri - tobikomizuki

3. chudan maegeri - gyakuzuki

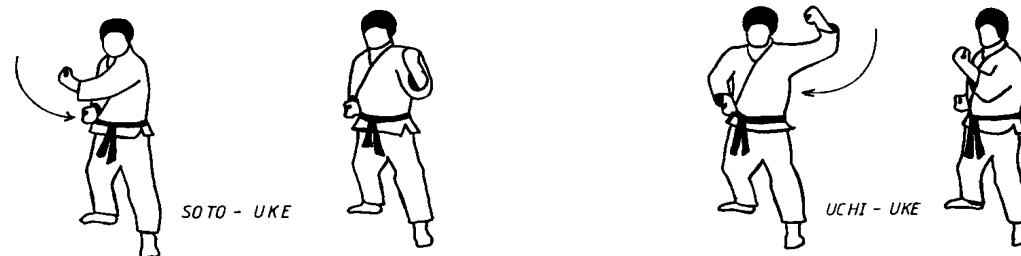
4. chudan surikomi maegeri - gyakuzuki



UKE - ABWEHR - (ohne Partner)

1. chudan soto - uke / gyakuzuki

2. chudan uchi - uke / gyakuzuki



KATA

1. pinan nidan