



KARATE 4. KYU VIOLETTGURT

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WADO-RYU PRÜFUNGSPROGRAMM LAND BREMEN

KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. ushirogeri chudan
6. maetobigeri jodan



jodan uke - jyuji uke - chudan tsuki (gyakuzuki)



RENZOKU WAZA

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



jodan uke - jyuji uke - chudan tsuki (junzuki)



SANBON KUMITE

1. jodan uke - jyuji uke - chudan tsuki



OHYO KUMITE sanbonme

KATA

1. pinan yodan
2. pinan godan

OHYO KUMITE

1. nihonme
2. sanbonme

KIHON KUMITE

1. ipponme
2. nihonme



KIHON KUMITE nihonme

gedreht

JIYU KUMITE

freikampf