



# KARATE 5. KYU B L A U G U R T

## WADO-RYU PRÜFUNGSPROGRAMM LAND BREMEN

Datum: 23.04.2010  
Name: Steffen

### KIHON TSUKI + KERI

1. kette junzuki no tsukomi
2. kette gyakuzuki no tsukomi
3. nagashizuki
4. ushirogeri chudan



nagashizuki



ushirogeri chudan



### RENZOKU WAZA

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



chudan uchi uke - otoshi uke



chudan soto uke - maki uke

### SANBON KUMITE

1. chudan uchi uke - otoshi uke
2. chudan soto uke - maki uke



### KATA

1. pinan sandan
2. pinan yodan

### OHYO KUMITE

1. ipponme
2. nihonme

### KIHON KUMITE

1. ipponme

### JIYU KUMITE

freikampf



KIHON KUMITE ipponme



maki uke  
Detail