



KARATE 6. KYU GRÜNGURT

Datum: 23.04.2010
Name: Steffen

WADO-RYU PRÜFUNGSPROGRAMM LAND BREMEN

KIHON TSUKI + KERI

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



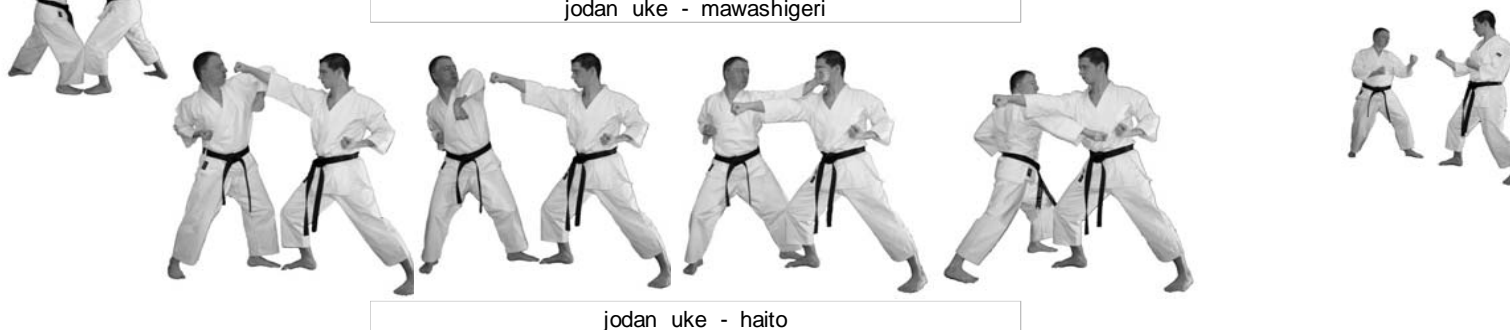
RENZOKU WAZA

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



SANBON KUMITE

1. jodan uke - mawashigeri
2. jodan uke - haito



KATA

1. pinan shodan
2. pinan sandan

OHYO KUMITE

1. ipponme



JIYU KUMITE

freikampf

OHYO KUMITE ipponme