



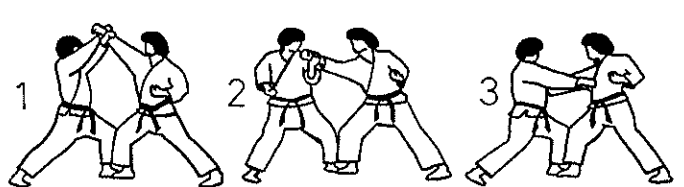
# 4. KYU VIOLETTGURT (WADOKAI)

## PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO

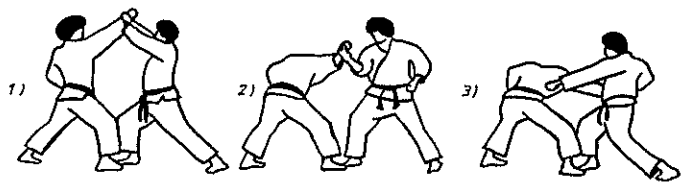


### KIHON TSUKI + KERI

1. kette junzuki
2. kette gyakuzuki
3. kette junzuki no tsukomi
4. kette gyakuzuki no tsukomi
5. nagashizuki
6. mawashigeri chudan
7. ushirogeri chudan
8. sokuto chudan

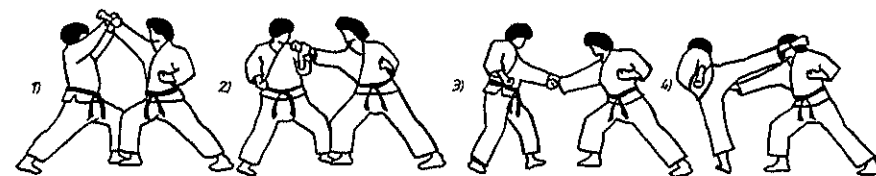


JYUJI UKE - TSUKI 1. MÖGLICHKEIT  
JYUJI UKE - TSUKI 2. MÖGLICHKEIT

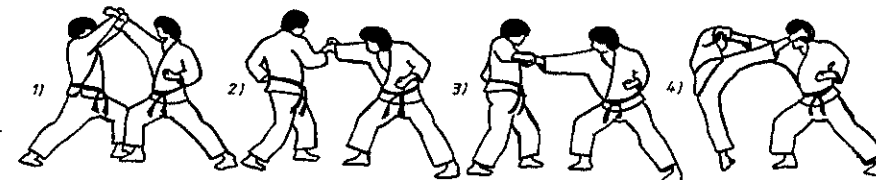


### RENZOKU WAZA

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

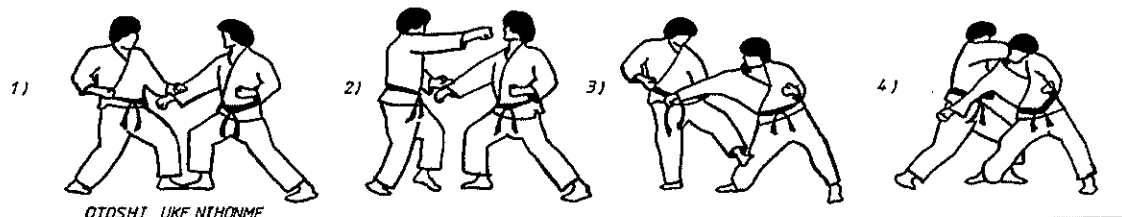


JYUJI UKE MAWASHIGERI 1. MÖGLICHKEIT  
JYUJI UKE MAWASHIGERI 2. MÖGLICHKEIT



### UKE SANBON KUMITE

1. jodan jyuji uke - chudan tsuki  
jodan jyuji uke - jodan mawashigeri
2. chudan uchi uke - otoshi uke nihonme - fumikomi - empi
3. chudan soto uke - maki uke nihonme - uraken
4. jodan sokutei mawashigeri uke - gyakuzuki



OTOSHI UKE NIHONME



MAKI UKE NIHONME

### KATA

1. pinan yodan
2. pinan godan

### OHYO KUMITE

1. sanbonme

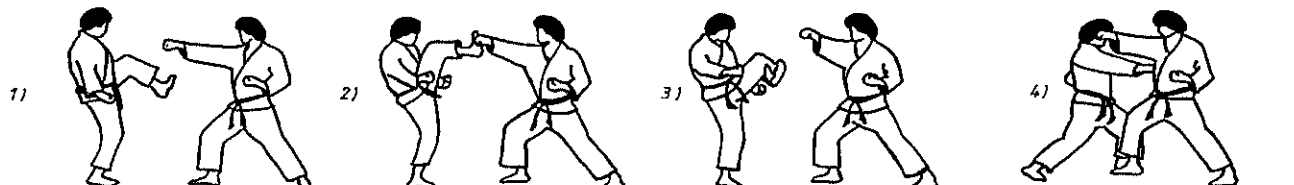
### YAKUSOKU KUMITE

jiyu yonhon kumite

(halbfreier Kampf)  
(vier Angriffe)

### JIYU KUMITE

freikampf



SOKUTEI MAWASHI UKE