



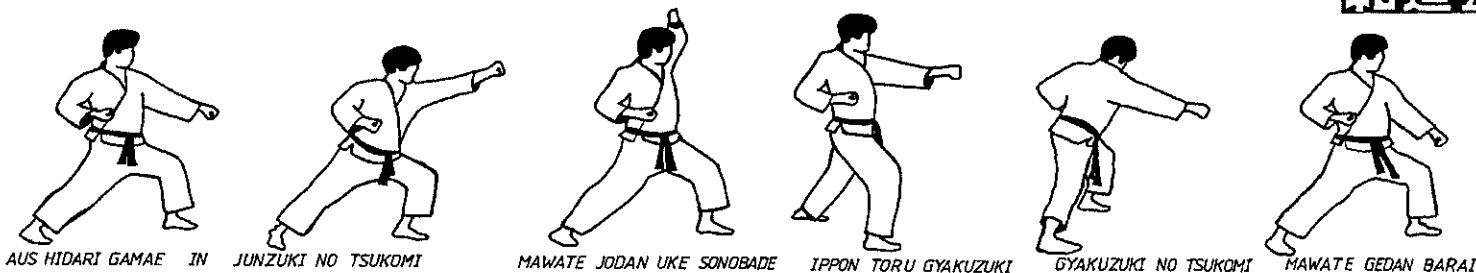
# 7. KYU ORANGEGURT (WADOKAI)

## PRÜFUNGSPROGRAMM NACH GROßMEISTER TERUO KONO



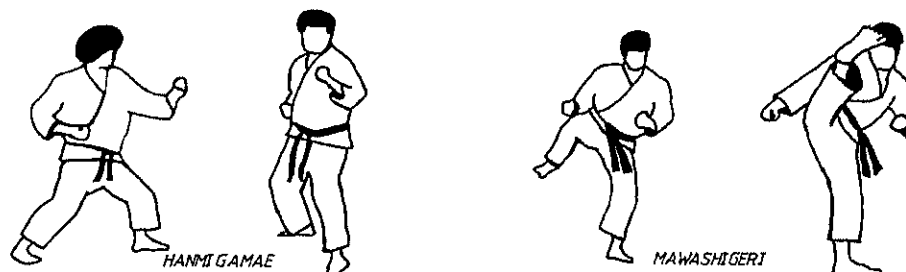
### KIHON TSUKI + KERI

1. junzuki no tsukomi
2. gyakuzuki no tsukomi
3. mawashigeri chudan



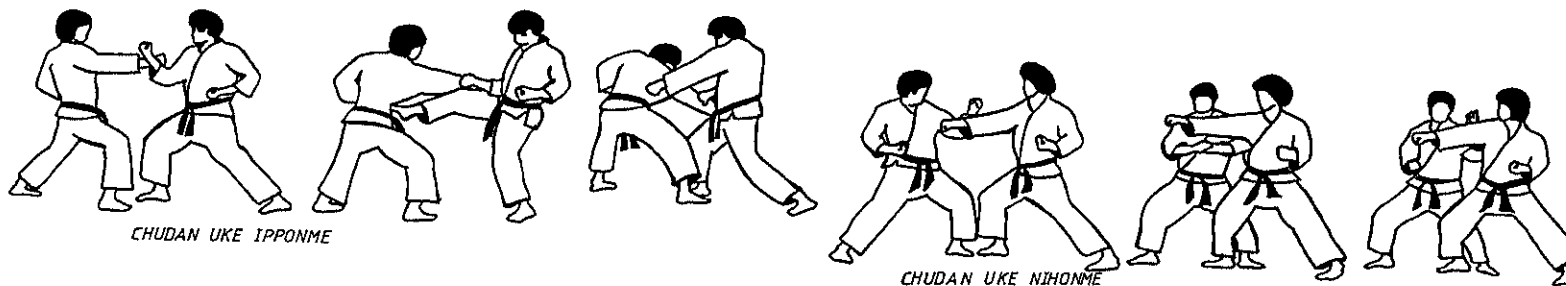
### RENZOKU WAZA

1. maegeri chudan - mawashigeri jodan - gyakuzuki chudan
2. surikomi maegeri chudan - mawashigeri jodan - gyakuzuki chudan



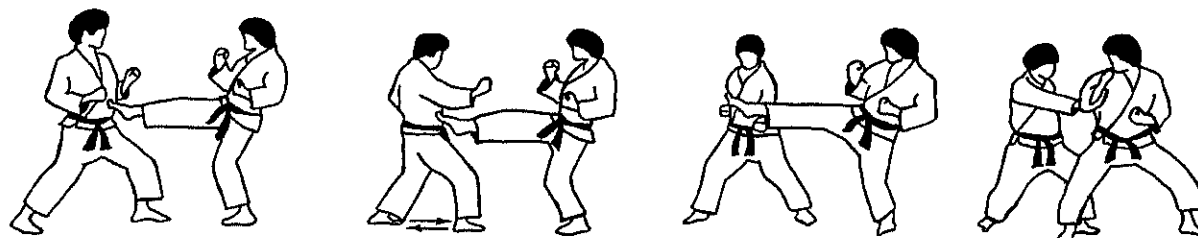
### UKE SANBON KUMITE

1. chudan uke (soto - uke) ipponme - maegeri / gyakuzuki
2. chudan uke (uchi - uke) nihonme - empi
3. chudan maegeri uke ipponme - uchiharai / gyakuzuki
4. chudan maegeri uke nihonme - uchiharai / gyakuzuki



### KATA

1. pinan nidan
2. pinan shodan



### YAKUSOKU KUMITE

(halbfreier kampf)

jiyu ippon kumite

(ein Angriff)

MAEGERI UKE IPPONME

MAEGERI UKE NIHONME

UCHI HARAI

GYAKUZUKI

NUR SCHRITTWECHSEL

FÜR 1+2