## 2. Kyu Braungurt

# Prüfungsprogramm Wadokai

***Kihon Tsuki und Keri***

1. Kette Junzuki
2. Kette Gyakuzuki
3. Kette Junzuki No Tsukomi
4. Kette Gyakuzuki No Tsukomi
5. Nagashizuki
6. Surikomi Mawashigeri Jodan
7. Surikomi Sokuto Jodan
8. Ushirogeri Chudan
9. Maetobigeri Jodan

***Renzoku Waza***

1. Surikomi Maegeri Chudan - Nagashizuki Jodan - Mawashigeri Jodan
2. Maegeri Chudan - Sokuto Chudan - Ushirogeri Chudan - Gyakuzuki Chudan
3. Zenshinshite Jodan/Chudan Renzuki - Surikomi Maegeri Chudan - Mawashigeri Chudan - Gyakuzuki Chudan

***Sanbon Kumite***

1. Jodan Uke - Shikkake Uke - Jodan Agezuki
2. Chudan Maegeri Uke - Renzoku Uchiharai Uke Gyakuzuki Ipponme
3. Chudan Maegeri Uke - Renzoku Sotoharai Uke Gyakuzuki Ipponme

***Kata***

1. Naihanchi
2. Kushanku

***Ohyo Kumite***

1. Sanbonme
2. Yonhonme
3. Gohonme

***Kihon Kumite***

1. Nihonme
2. Sanbonme

***Jiyu Kumite***