# 4. Dan Schwarzgurt

# Prüfungsprogramm Wadokai




***Tsuki Waza***

1. Kette Junzuki Nidozuki
2. Kette Gyakuzuki Nidozuki
3. Kette Junzuki No Tsukomi Nidozuki
4. Kette Gyakuzuki No Tsukomi Nidozuki
5. Tobikomizuki
6. Nagashizuki

***Uchi Waza***

1. Shuto: Hidari-Migi-Jodan
2. Tettsui: Hidari Yoko Jodan - Migi Otoshi Chudan
3. Uraken: Hidari Yoko Jodan - Migi Mashomen Uraken Jodan
4. Haito: Hidari-Migi Ganmen - Hidari Ganmen - Renzoku Uchi Jodan - Migi Chudan
5. Teisho: Hidari Age - Migi Age Jodan
6. Empi: Age Jodan - Mawashi Jodan - Yoko Chudan - Ushiro Chudan

***Keri Waza***

1. Maegeri
2. Mawashigeri
3. Sokuto
4. Sokuto Fumikomi
5. Hizageri Mae Yoko
6. Yokogeri
7. Ushirogeri
8. Nidangeri
9. Tobi Sokuto (Kesageri)
10. Ushiromawashigeri

***Renzoku Waza***

1. Maegeri Chudan/Jodan Renzokugeri - Mawashigeri Jodan - Ushiromawashigeri Jodan - Mawashigeri Chudan - Junzuki Jodan - Nidangeri - Surikomi Maegeri / Nagashizuki Jodan - Gyakuzuki Chudan
2. Surikomi Maegeri Chudan - Tobikomizuki Jodan - Tobiyokogeri (Sokuto) - Shuto Uchi Age Jodan - Sokuteimawashi Uke Chudan - Sokuto Jodan - Shuto Uchi Uke Jodan - Gyakuzuki Chudan

***Kata***

1. Niseishi
2. Rohai

***Ohyo Kumite***

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme
9. Kyuhonme
10. Jupponme

***Kihon Kumite***

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme
5. Gohonme
6. Ropponme
7. Nanahonme
8. Hachihonme
9. Kyuhonme
10. Jupponme

***Tanto Tori***

1. Ipponme
2. Nihonme
3. Sanbonme
4. Yonhonme

***Idori***

1. Ipponme
2. Nihonme
3. Sanbonme

***Jiyu Kumite***