Prüfungsprogramm Wadokai

6. Kyu Grüngurt

Kihon Tsuki und Keri
1. Kette Junzuki
2. Kette Gyakuzuki
3. Tobikomizuki
4. Kette Tobikomizuki
5. Surikomi Mawashigeri Chudan
6. Surikomi Sokuto Chudan

Renzoku Waza - Kombinationen
1. Maegeri Chudan - Sokuto Fumikomi - Gyakuzuki Chudan
2. Surikomi Maegeri Chudan - Sokuto Chudan - Gyakuzuki Chudan

Sanbon Kumite
1. Jodan Uke Ipponme
2. Jodan Uke Nihonme
3. Chudan Maegeri Uke Sanbonme -Sotoharai/Gyakuzuki
4. Chudan Maegeri Uke Yonhonme -Sotoharai/Gyakuzuki

Kata
1. Pinan Shodan
2. Pinan Sandan

Ohyo Kumite Ipponme

Yakusoku Kumite - Jiyu Nihon Kumite

Jiyu Kumite