Prüfungsprogramm Wadokai

4. Kyu Violettgurt

Kihon Tsuki und 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

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

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 Mawashi Uke - Gyakuzuki

Kata

1. Pinan Yodan
2. Pinan Godan

Ohyo Kumite Sanbonme

Yakusoku Kumite - Jiyu Yonhon Kumite

Jiyu Kumite