3. 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. Tobikomizuki
6. Nagashizuki
7. Mawashigeri Jodan
8. Ushirogeri Chudan
9. Sokuto Chudan
10. Ushiromawashigeri

Renzoku Waza

1. Surikomi Maegeri Chudan - Mawashigeri Chudan - Ushirogeri Chudan - Uraken Jodan
2. Maegeri Chudan - Nagashizuki Jodan - Gyakuzuki Chudan - Mawashigeri Chudan
3. Surikomi Maegeri Chudan - Sokuto Fumikomi - Ushirogeri Chudan - Uraken Jodan

Sanbon Kumite

1. Jodan Uke - Chinto Uke - Tatekenzuki
2. Jodan Mawashigeri - Hiji Uke - Gyakuzuki
3. Chudan Maegeri - Haishu Nagashi Uke
4. Chudan Sokuto - Uchi Sukui Uke

Kata

1. Pinan Godan
2. Naihanchi

Ohyo Kumite

1. Ipponme
2. Nihonme
3. Yonhonme

Kihon Kumite

1. Ipponme
2. Nihonme

Jiyu Kumite