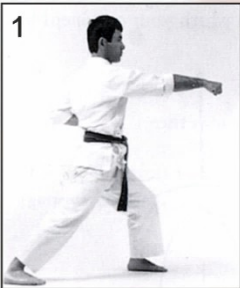


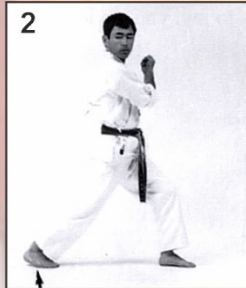


## Tsuki Waza

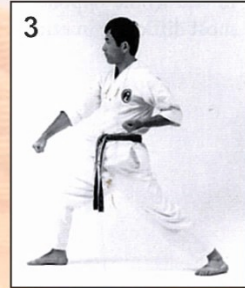
1. **Junzuki Jodan** - vorgehen in Zenkutsu Dachi, Mawate in die Stellung Zenkutsu Dachi mit Jodan Uke
2. **Gyakuzuki Chudan** - vorgehen in Zenkutsu Dachi, Mawate in die Stellung Zenkutsu Dachi mit Gedanbarai



1  
Gyakuzuki



2  
Mawate (wenden)



3  
mit Gedanbarai

## Uke Waza (am Ort)

1. **Uchi Uke Jodan** - in der Stellung Naihanchi Dachi - Block von aussen nach innen
2. **Soto Uke Jodan** - in der Stellung Naihanchi Dachi - Block von innen nach aussen

## Keri Waza

1. **Surikomi Maegeri Chudan**
2. **Mawashigeri Jodan** - vorgehen in Hanmi Gamae Dachi, Mawate in die Stellung Hanmi Gamae Dachi

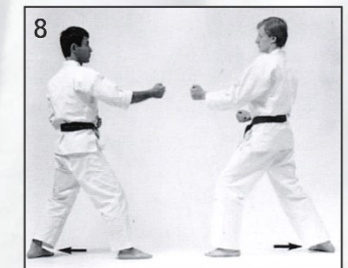
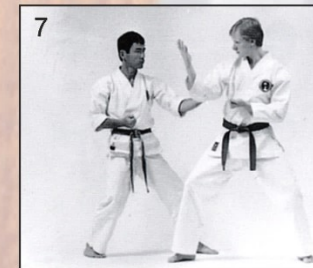
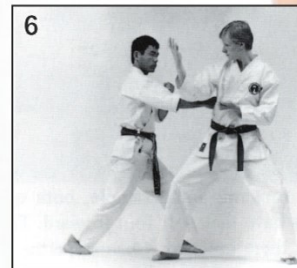
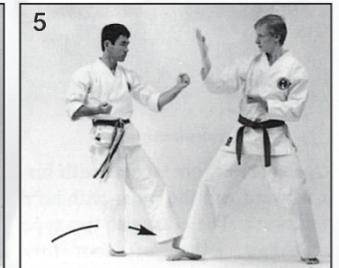
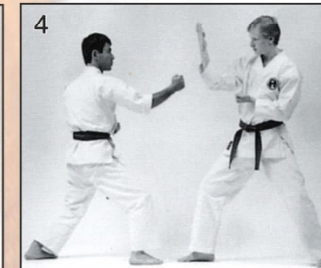
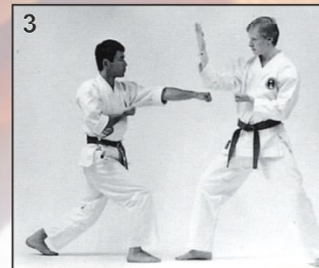
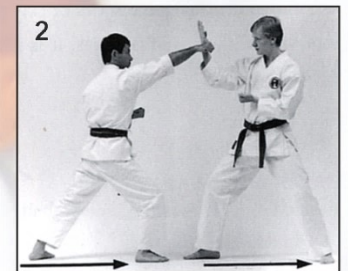
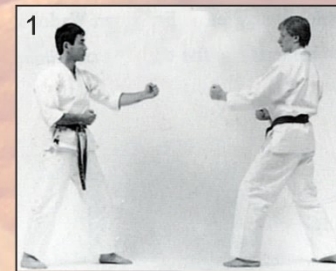
## Renzoku Waza

- Maegeri Chudan - Mawashigeri Jodan - Gyakuzuki Chudan**  
Vorgehen in Hanmi Gamae Dachi, Mawate in die Stellung Hanmi Gamae Dachi

## Ohyo Kumite

## Ipponme

- Torimi-** Angreifer links vor    **Aihanmi Gamae**    **Ukemi-** Verteidiger rechts zurück  
**Ayumiashi Junzuki Jodan** mit rechts    **Shuto Nagashi Uke** mit rechts  
**Gyakuzuki Chudan** mit links    dabei gleichzeitig einen Schritt zurück  
**Ashibarai** mit links  
**Gyakuzuki Chudan** mit rechts



## Kata

## Pinan Nidan