



Kihon

Tsuki Waza

1. Junzuki
2. Gyakuzuki
3. Kette Junzuki
4. Kette Gyakuzuki

Uke Waza

1. Jodanuke
2. Sotouke
3. Gedanbarai
4. Uchiuke

Keri Waza

1. Maegeri
2. Mawashigeri
3. Sokutogeri

Renzoku Waza

1. Maegeri / Gyakuzuki
2. Mawashigeri / Gyakuzuki

Kumite

1. Ippon Kumite Sanbonme (Nr. 3)
2. Ippon Kumite Yonhonme (Nr. 4)
3. Ohyokumite Ipponme
4. Freikampf

Kata

1. Pinan Nidan