

Prüfungsprogramm 5. Kyu (2. Gelbgurt)

5. Kyu gelber Gürtel

Stellungen:

Moro Ashi-Dachi

Handtechniken:

Moro-Ashi-Dachi Shotei-Uchi (Jodan, Chudan, Sedan)

Jodan-Hiji Ate

Blocktechniken:

Shotei Uke (Jodan, Chudan, Sedan)

Fußtechniken:

Chudan-Mawashi-Geri (Haisoku, Chusoku)

Ushiro Geri (Chudan, Gedan)

Kata: Pinan Sono-San

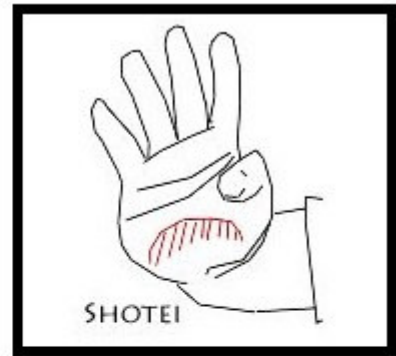
Kumite: Jiyu Kumite

Renraku: Mae- Geri, Yoko-Seri, Ushiro-Seri,
Chudan Syaku-Tsuki

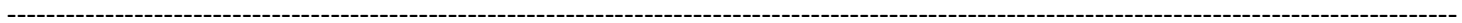
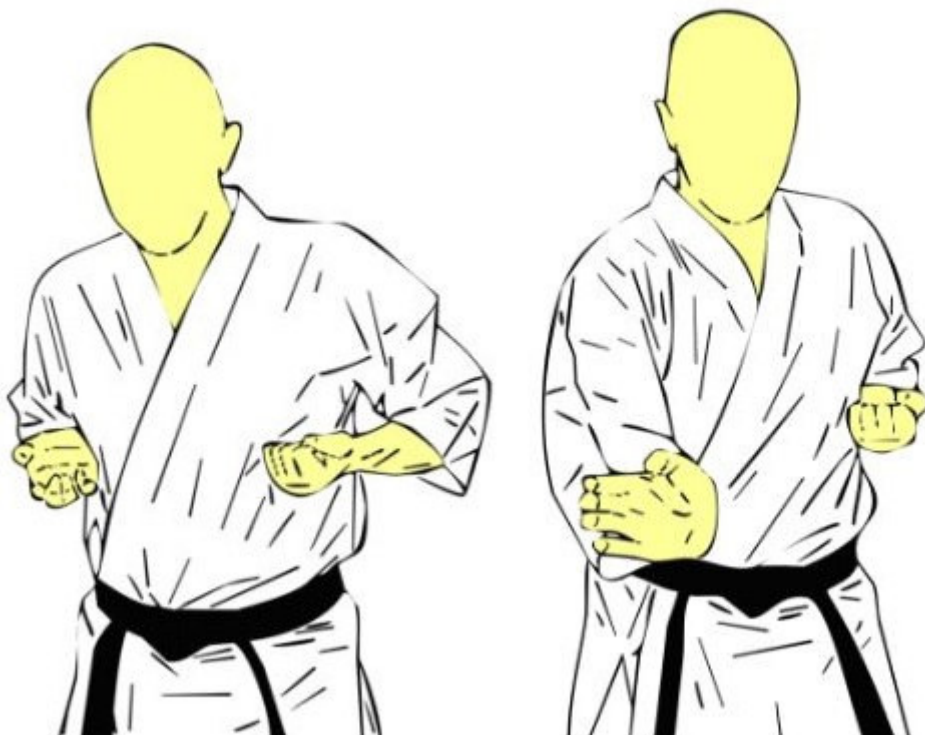
Moro Ashi Dachi



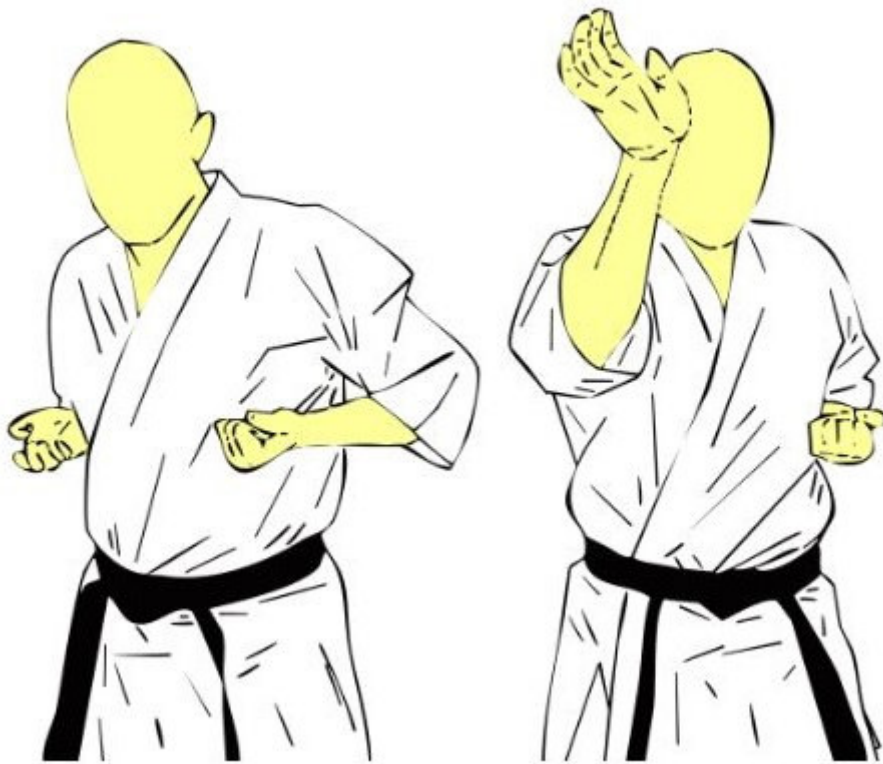
Gedan Shotei Uchi



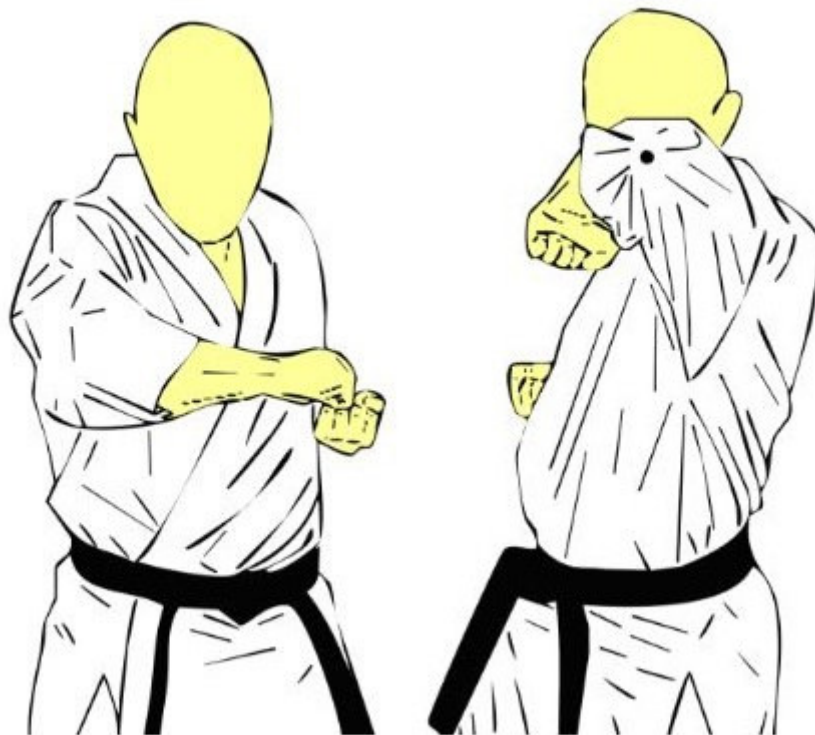
Chudan Shotei Uchi



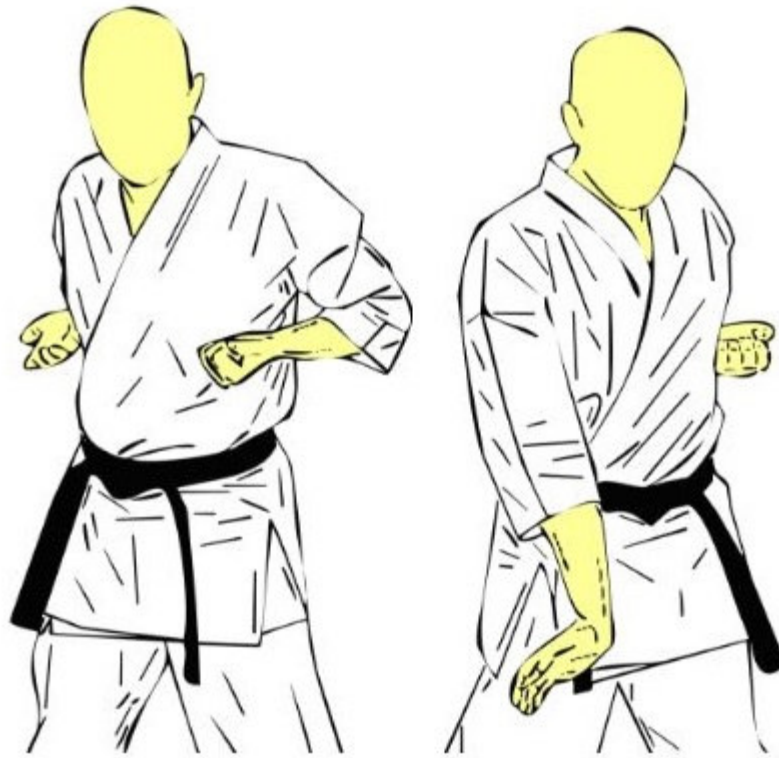
Jodan Shotei Uchi



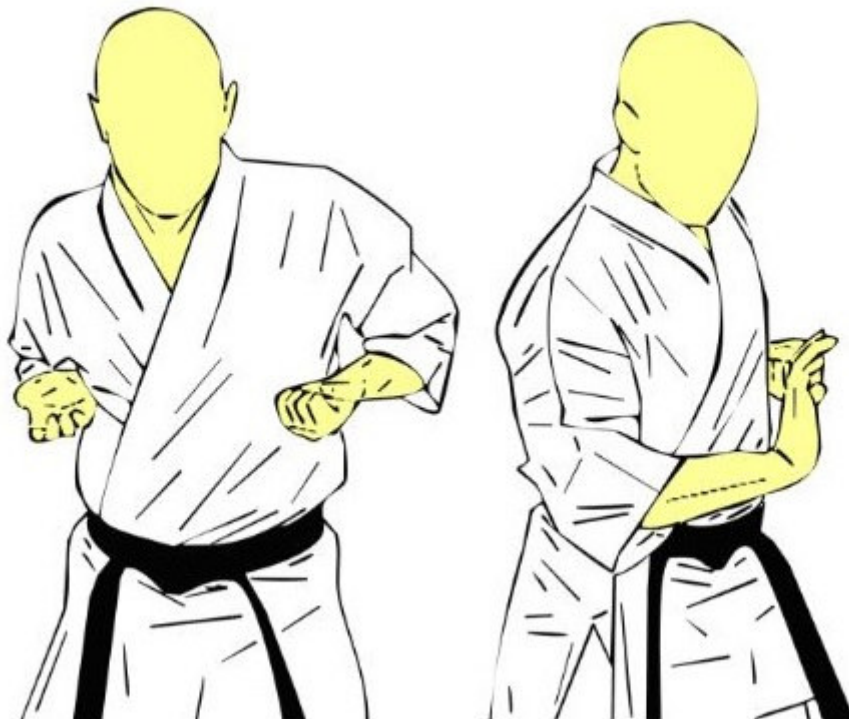
Jodan Hiji Ate



Gedan Shotei Uke



Chudan Shotei Uke



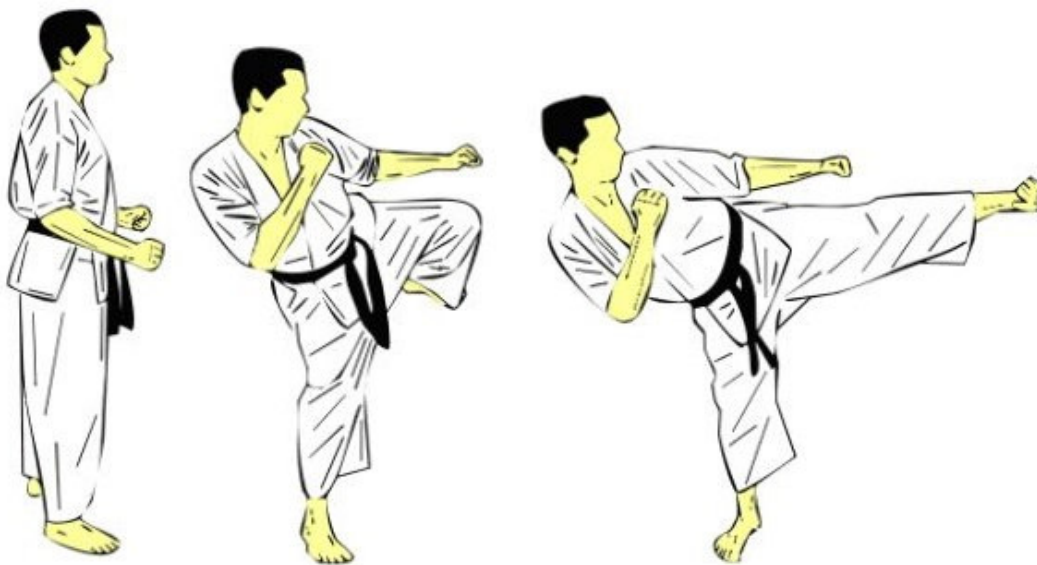
Jodan Shotei Uke



Haisoku Chudan Mawashi Geri



Chusoku Chudan Mawashi Geri



Ushiro Geri Chudan



Ushiro Geri muss auch als Gedan gezeigt werden!!

Nochmals alle Techniken in der Übersicht

5th KYU

Shotei

12 Techniques

- Kake Dachi
- Shotei Uchi
- Hiji Ate
- Shotei Uke
- Mawashi Geri Haisoku
- Mawashi Geri Chusoku
- Ushiro Geri



SANCHIN DACHI



SHOTEI
Palm Heel

STRIKES



SHOTEI UCHI JODAN



SHOTEI UCHI CHUDAN



SHOTEI UCHI GEDAN



JODAN HIJI ATE

BLOCKS



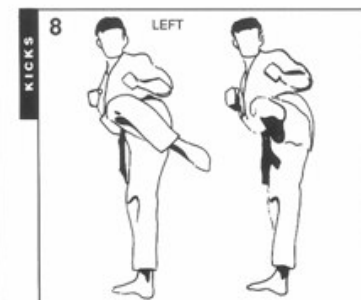
SHOTEI UKE JODAN



SHOTEI UKE CHUDAN



SHOTEI UKE GEDAN



CHUDAN MAWASHI GERI HAISOKU



FUDO DACHI



CHUDAN MAWASHI GERI CHUSOKU



FUDO DACHI



USHIRO GERI CHUDAN
Method 1 Step across

5th KYU

Shotei

12 Techniques

- Kake Dachi
- Moro Ashi Dachi
- Shotei Uchi
- Hiji Ate
- Shotei Uke
- Mawashi Geri Haisoku
- Mawashi Geri Chusoku
- Ushiro Geri



SPIN



FUDO DACHI



FUDO DACHI



SPIN

USHIRO GERI CHUDAN
Method 2 Spin



KICK



FUDO DACHI



USHIRO GERI CHUDAN
Method 3 Kake Dachi



Step forward into
Kake Dachi



KICK



Step back into
Kake Dachi



Stepback into
Moro Ashi Dachi



Return to
SANCHIN DACHI

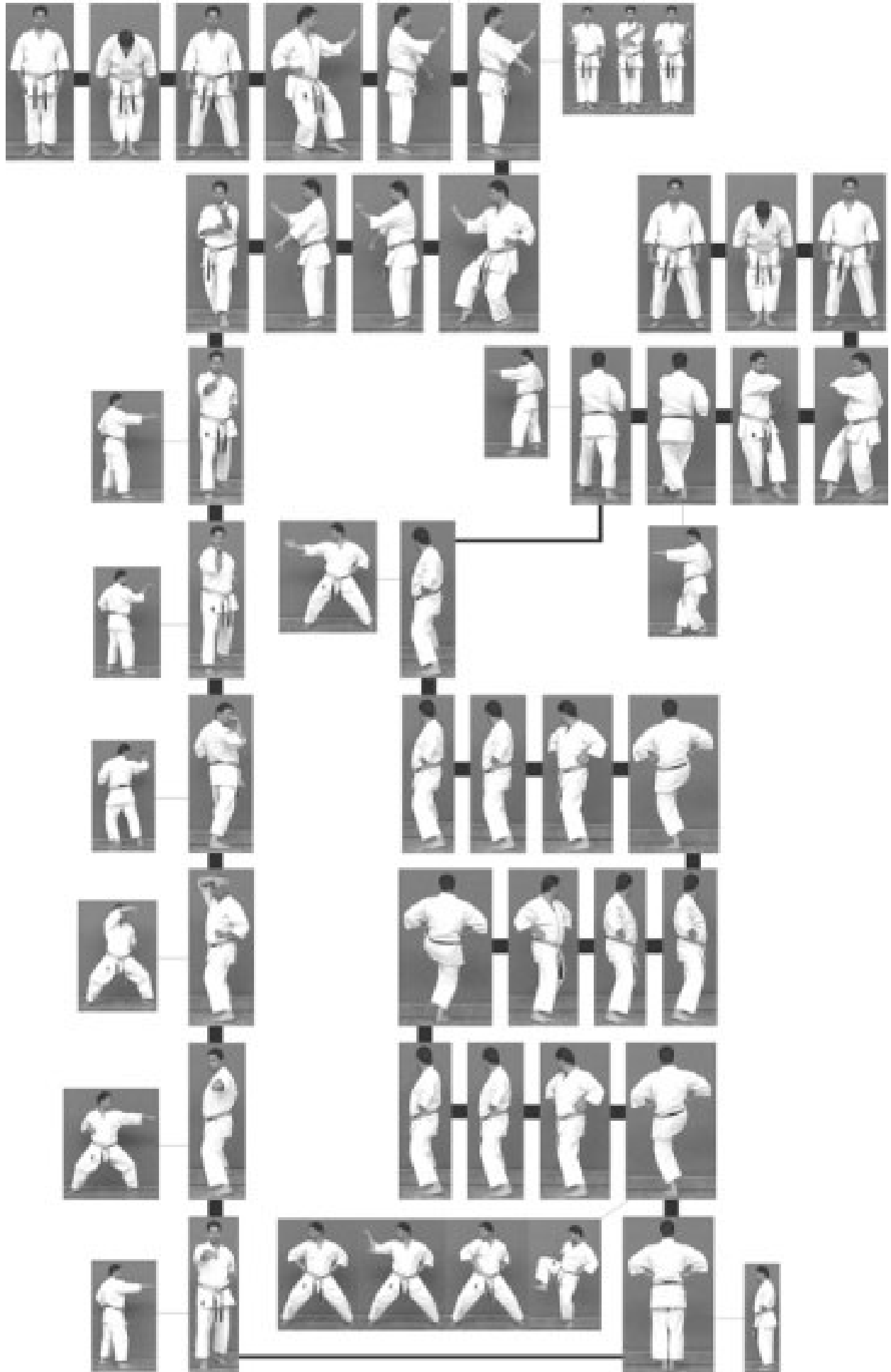
Renraku Ichi

Kumite-Dachi: Mae-Geri, Yoko Geri, Ushiro Geri, Chudan Gyaku Tsuki (Kiai)

Kata

Pinan-Sono-San

Pinan Sandan



Viel Erfolg!!!