

## 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

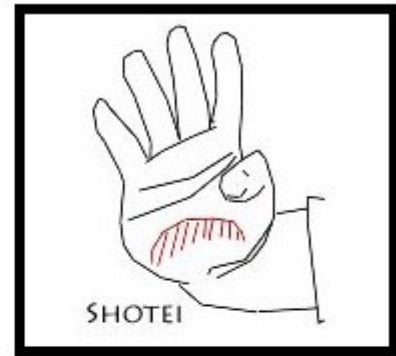
**Kumite:** Jiyu Kumite

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

## Moro Ashi Dachi

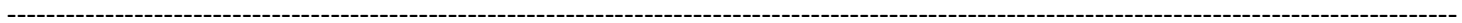
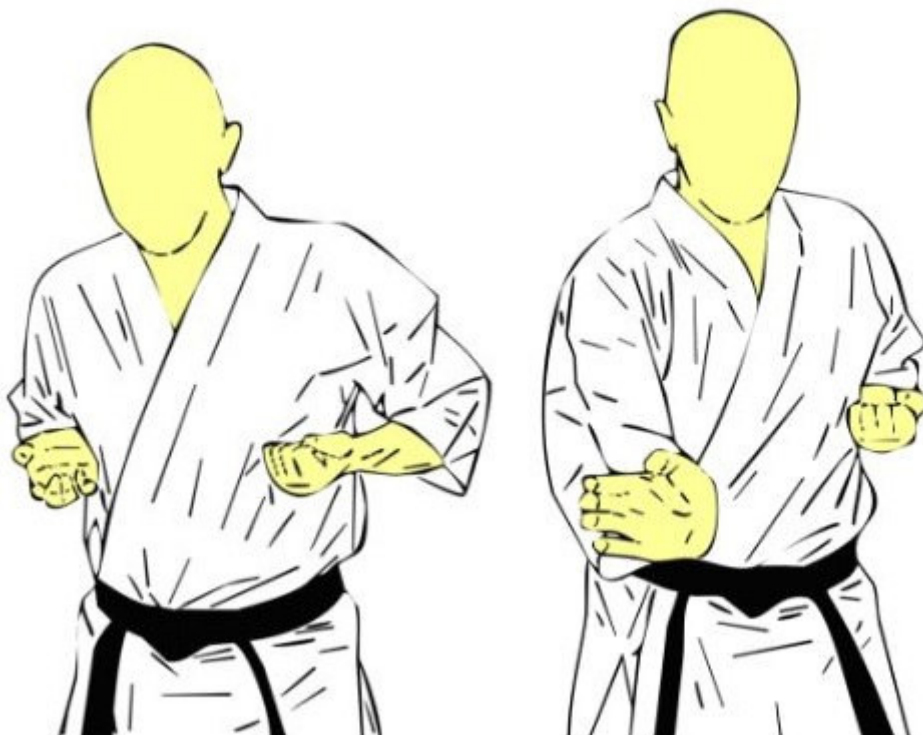


## Gedan Shotei Uchi

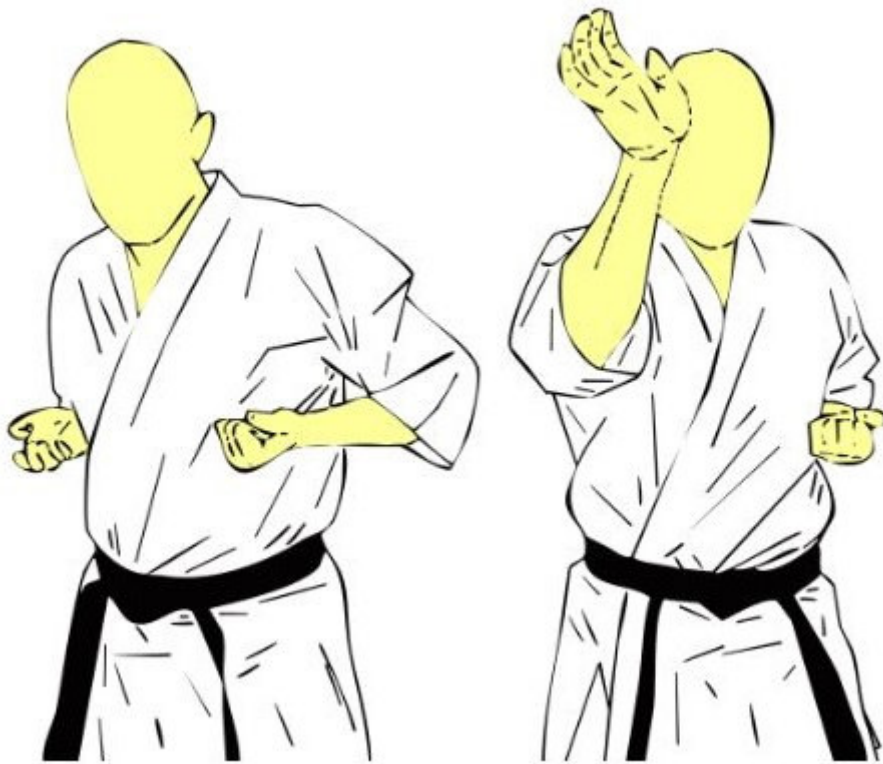


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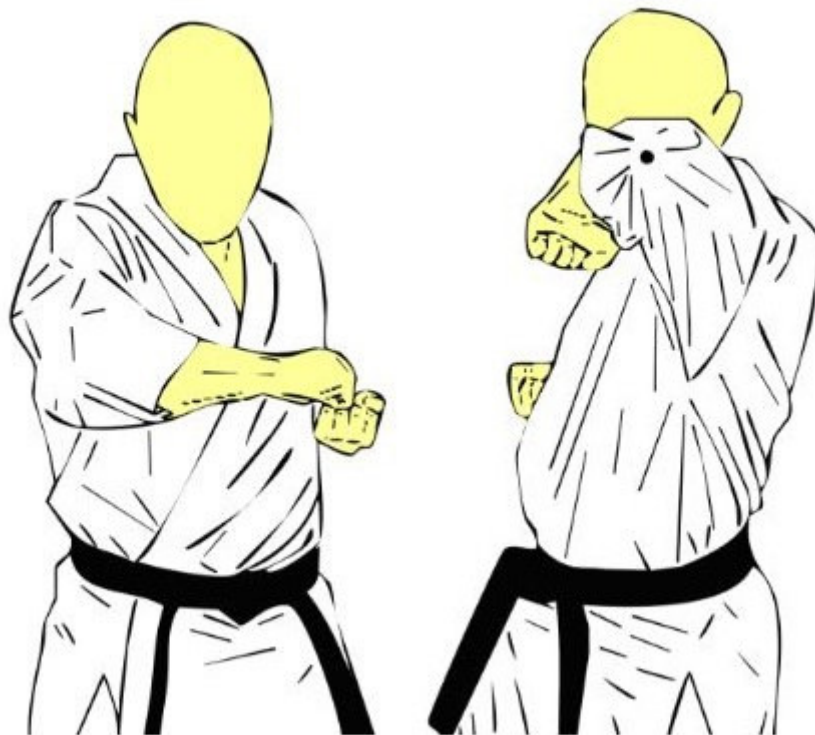
## Chudan Shotei Uchi



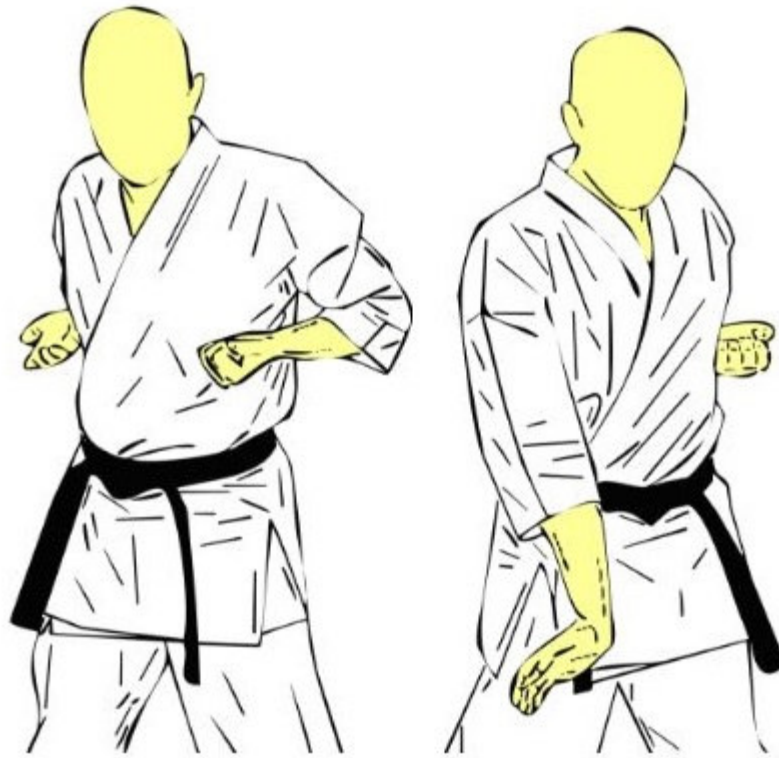
## Jodan Shotei Uchi



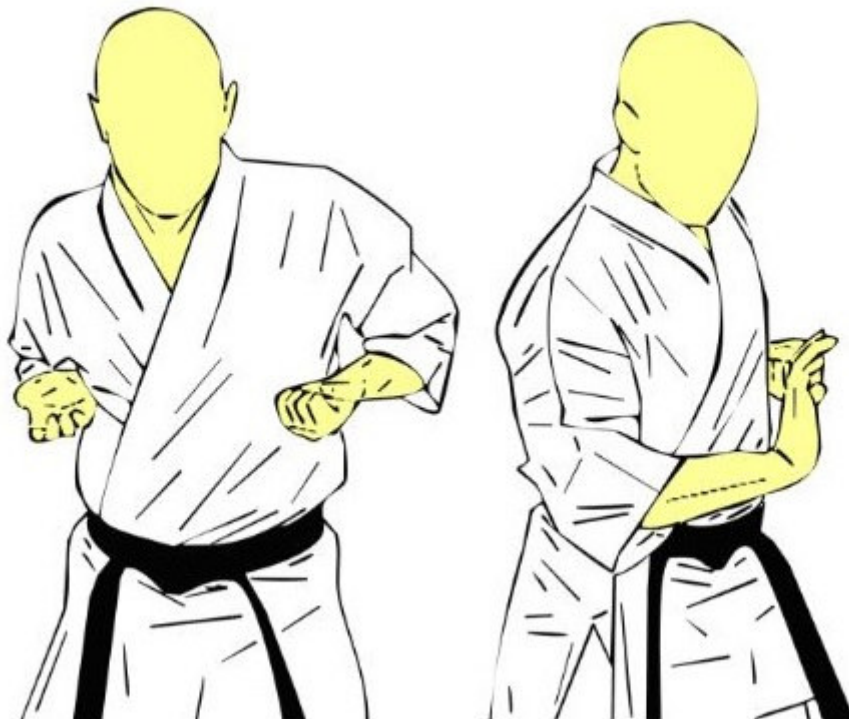
## Jodan Hiji Ate



## Gedan Shotei Uke



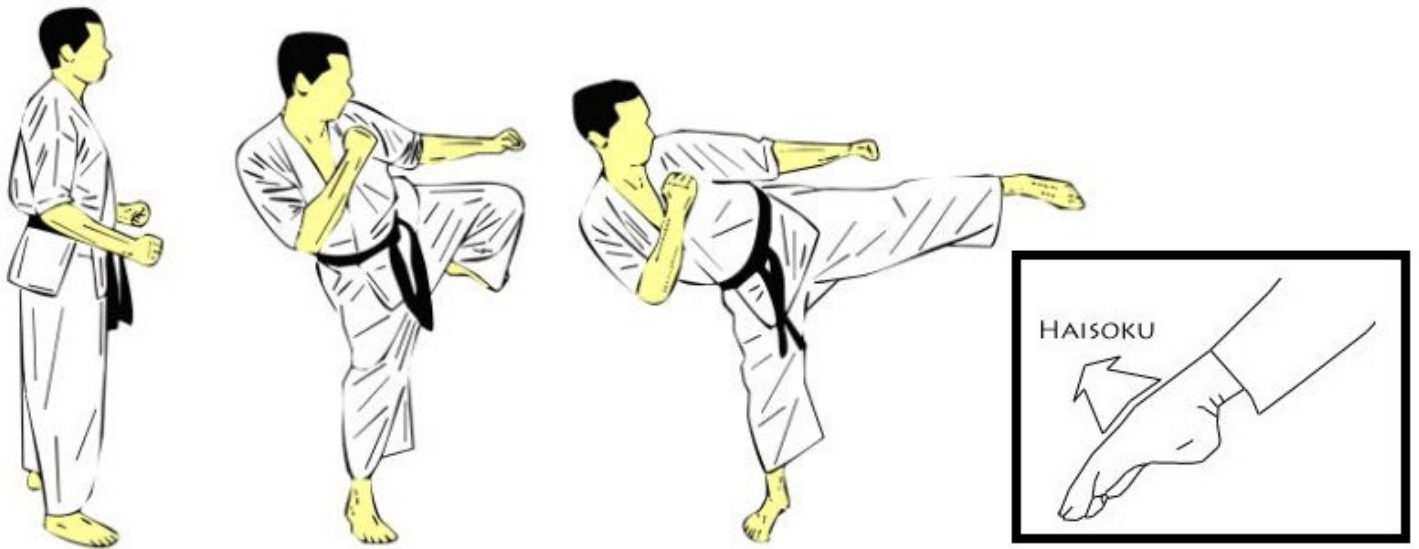
## Chudan Shotei Uke



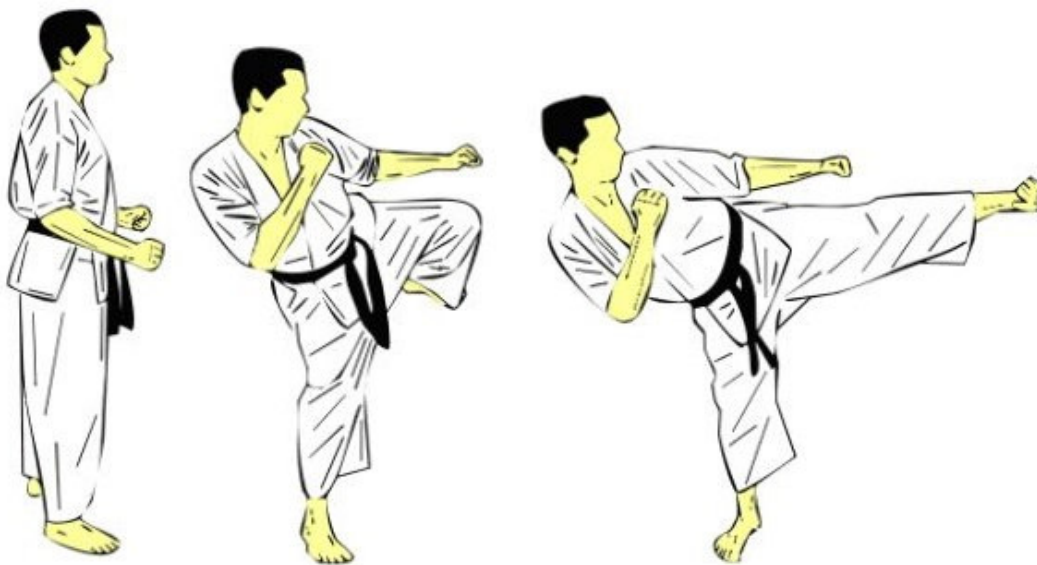
## Jodan Shotei Uke



## Haisoku Chudan Mawashi Geri



## Chusoku Chudan Mawashi Geri



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## Ushiro Geri Chudan



Ushiro Geri muss auch als Gedan gezeigt werden!!

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## 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



**1 SHOTEI UCHI JODAN**



**2 SHOTEI UCHI CHUDAN**



**3 SHOTEI UCHI GEDAN**



**4 JODAN HIJI ATE**

#### BLOCKS



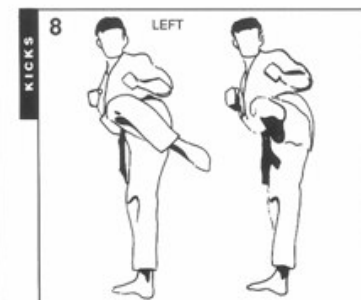
**5 SHOTEI UKE JODAN**



**6 SHOTEI UKE CHUDAN**



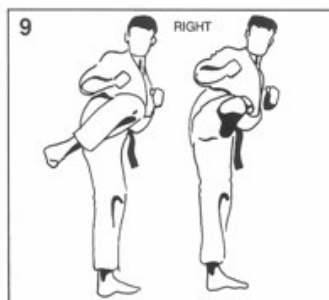
**7 SHOTEI UKE GEDAN**



**8 CHUDAN MAWASHI GERI HAISOKU**



**FUDO DACHI**



**9 CHUDAN MAWASHI GERI CHUSOKU**



**FUDO DACHI**



**10 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



**10 SPIN**



**10 LEFT**



**FUDO DACHI**



**11 SPIN**

**USHIRO GERI CHUDAN**  
Method 2 Spin



**11 RIGHT**

**KICK**



**FUDO DACHI**



**12 USHIRO GERI CHUDAN**  
Method 3 Kake Dachi



Step forward into  
**Kake Dachi**



**12 LEFT**

**KICK**



Step back into  
**Kake Dachi**



**12 RIGHT**

Stepback into  
**Moro Ashi Dachi**



Return to  
**SANCHIN DACHI**

## Renraku Ichi

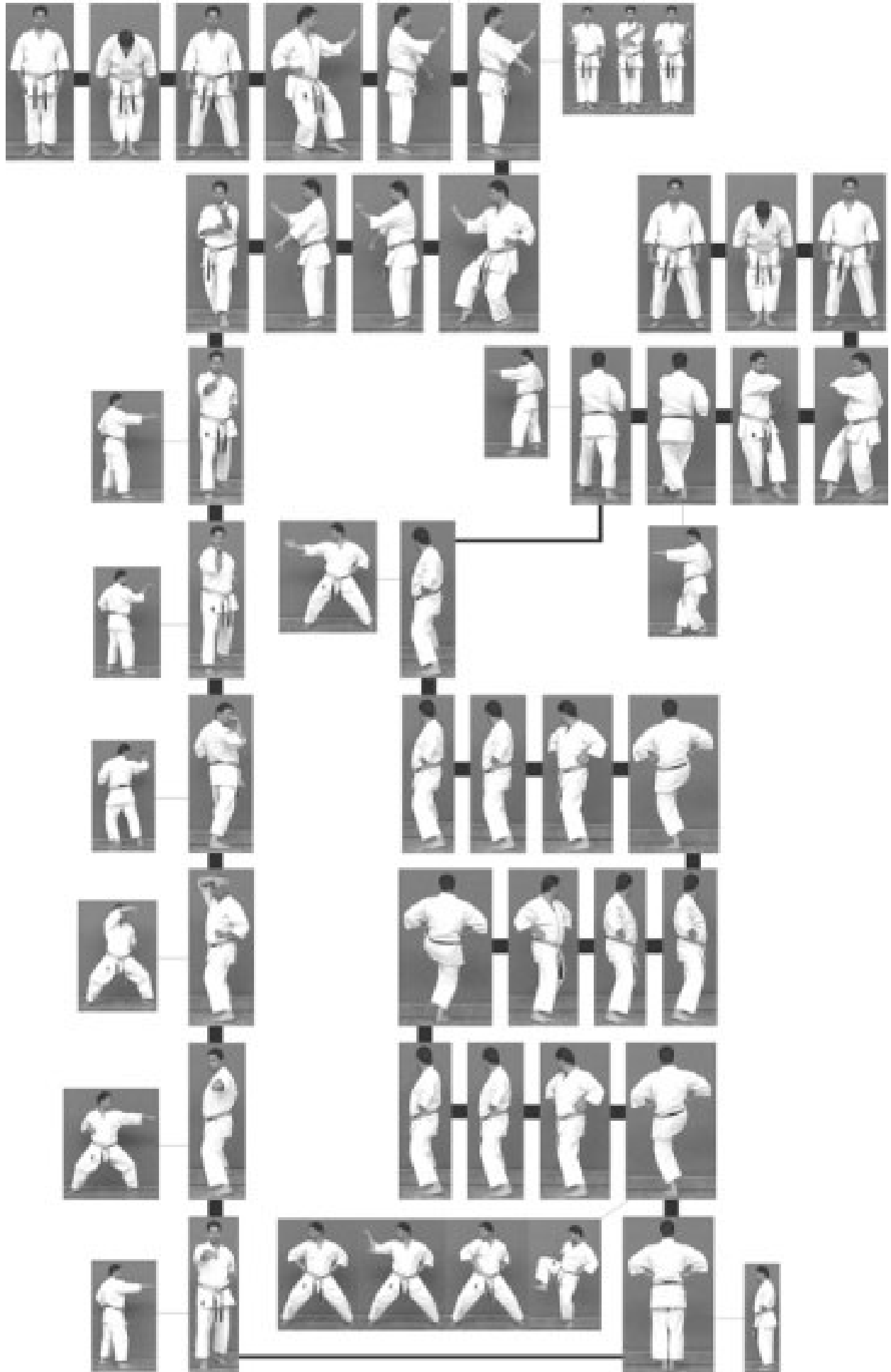
Kumite-Dachi: Mae-Geri, Yoko Geri, Ushiro Geri, Chudan Gyaku Tsuki (Kiai)

## Kata

Pinan-Sono-San



# Pinan Sandan



**Viel Erfolg!!!**