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# Shotokan Karate Kihon Kumite Kata

**kihon - karate dojo shumpu-kan konstanz | shotokan ...** - prüfungsordnung 6. kyu shotokan grüner gürtel kumite: kihon - ippon - kumite 2. teil tori (angreifer) rechts (und links) zurück: gedan- barai **kihon- ippon- kumite - karatedo-hausheim** - kihon-ippon- kumite ©alfred heubeck 1 kihon- ippon- kumite, das unterschätzte partnertraining im shotokan in der aktuellen shotokan prüfungsordnung fristet das kihon- ippon- kumite ein **\*shotokan karate 5 überarbeitete auflage - dersportverlag** - shotokan karate: kihon, kata, kumite. die neue prüfungsordnung löste eine über zehn jahre gültige ordnung ab und stellt die shotokan karateka vor neue aufgaben und fragen. **kata kion, heian shodan, heian nidan, heian sandan, heian ...** - au 7 tvs? die d f dh rand oben! 42 knie - 34 'ede rufschen zusammen. 61 62 l" juji-uke dauer 90 Sekunden !

**3.1 prüfungsordnung shotokan - 1. shotokan karate club ...** - 3 die folgenden grundsätze sind bei den prüfungen zu beachten: kihon  $\frac{3}{4}$  alle keru-techniken werden grundsätzlich (wenn nichts anderes vorgeschrieben ist) **prüfungsordnung 4. kyu (violett)** - prüfungsordnung 4. kyu (violett) leitung: mathias spranger, renshi 4. dan shotokan-karate-do, stand 2016 (nach shihan abi pöschl (†2010), renshi 7.

**prüfungsordnung jka-karate für kyu- und danprüfungen** - prüfungsordnung jka-karate, stand juli 2013 6 9. kyu (weißer gürtel) kihon: (kihon-techniken sind je 2 x oder 4 x, nach wahl des prüfers auszuführen)

**shotokan prüfungsordnung deutscher karate verband e.v.** - bestandteil des traditionellen shotokan-karate wie auch dieser prüfungsordnung sind. die unterschiedlichen Übungsformen von grundschule, partnertraining und kata bieten dem karateka eine solide ausgangsbasis für das breite spektrum des karate.

**prüfprogramm sskf 9kyu-1dan - kanazawa** - 06/2006 swiss shotokan karate-do federation 3 1 vorwort normalerweise sind prüfungen etwas, was man nur einmal zum gleichen thema ablegen **kihon - karate dojo shumpu-kan konstanz | shotokan ...** - kihon 1. zenkutsu - dachi ren- zuki vorwärts 2. zenkutsu - dachi age- uke / gyaku - zuki rückwärts 3. zenkutsu -dachi soto- ude- uke / gyaku- mae- enpi vorwärts 4. kokutsu- dachi morote- uchi-ude- uke / zenkutsu- dachi gyaku- zuki rückwärts 5. kokutsu- dachi shuto- uke / zenkutsu- dachi gyaku- shuto-uchi jodan vorwärts 6. zenkutsu- dachi mae- geri / oi- zuki vorwärts ...

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