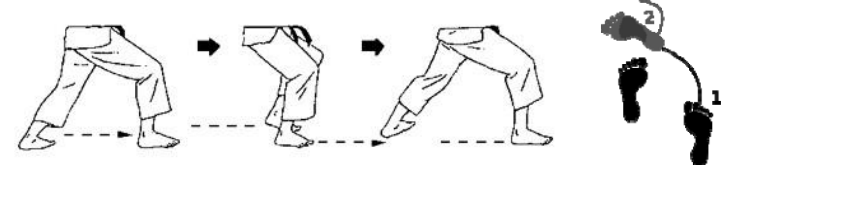
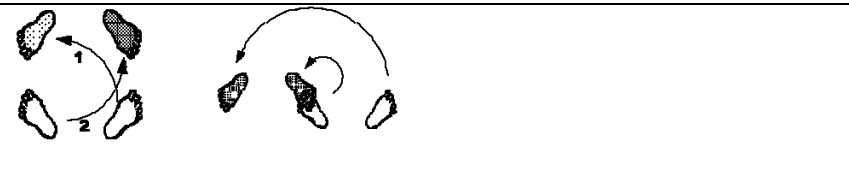
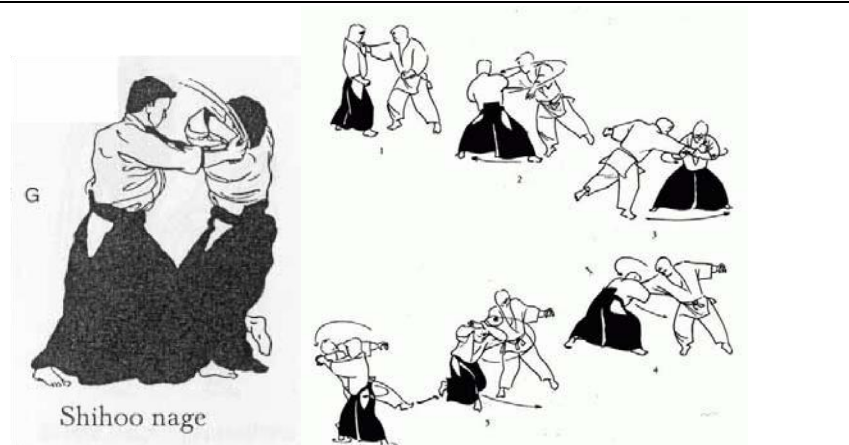
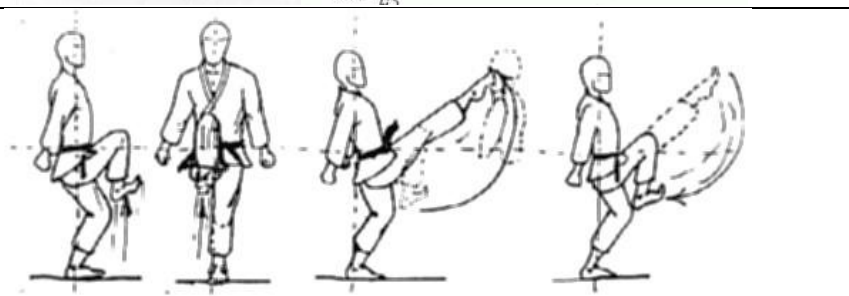


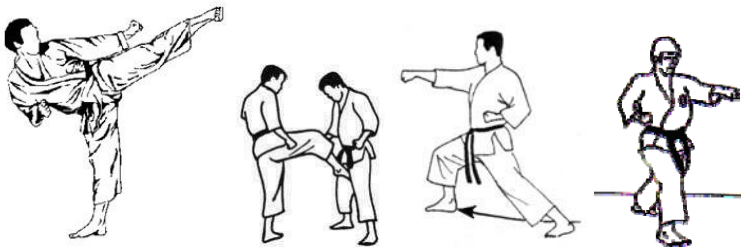
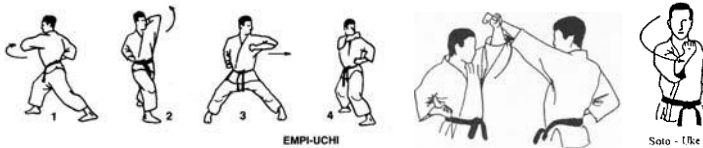
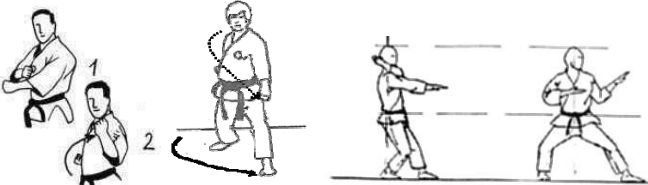
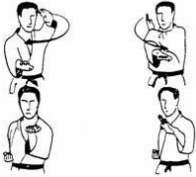
BUDOCLUB TOGGENBURG

Prüfungsanforderungen 3 1/2 Kyu (halbgrüner Gurt)

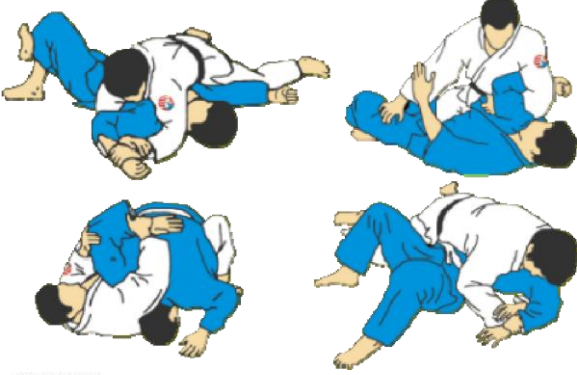
Ju-Jitsu Kinder

mindestens 40 Trainings

Mae Jugere Yoko-Tschugere Uschiro-tschugere	Hidari, Migi	
Kiba-dachi Zenkutsu-dachi Kokutsu-dachi		
Tsugi-ashi Irimi-denkan		
Tai-sabaki		
Shionage		
Mae-geri		

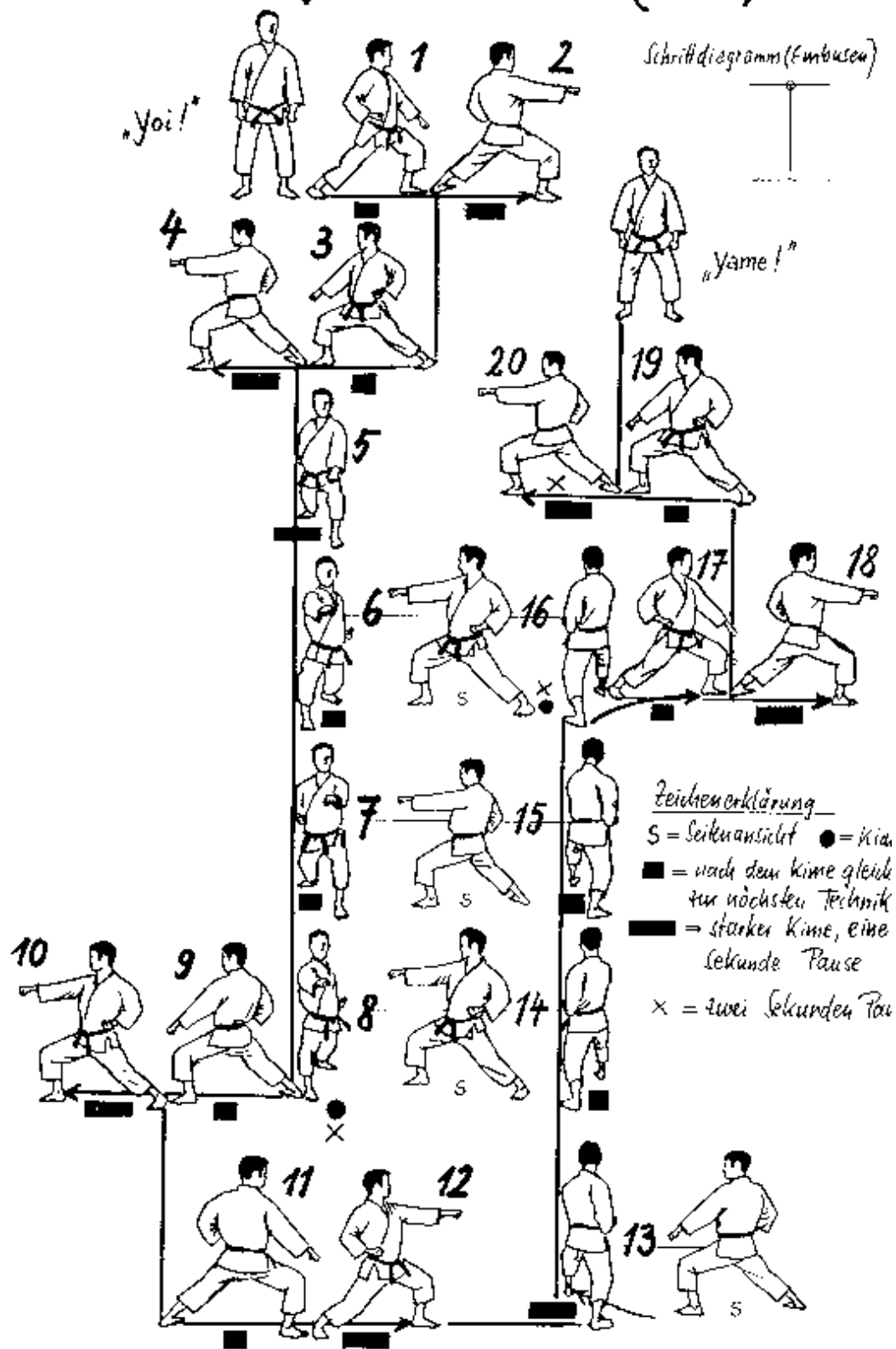
Yoko-geri Kin-geri Oi-zuki Gyaku-zuki		
Empi-uchi Age-uke Soto-uke		
Uchi-ude-uke Gedan-barei Shuto-uke		
Shuto-uchi		
Kombination von Karate Techniken im Laufen, aus der Bewegung		
Handgelenkhebel	4	
Ellenbogenhebel	1	
Kniehheber Schulterheber Genickheber	1 1 1	

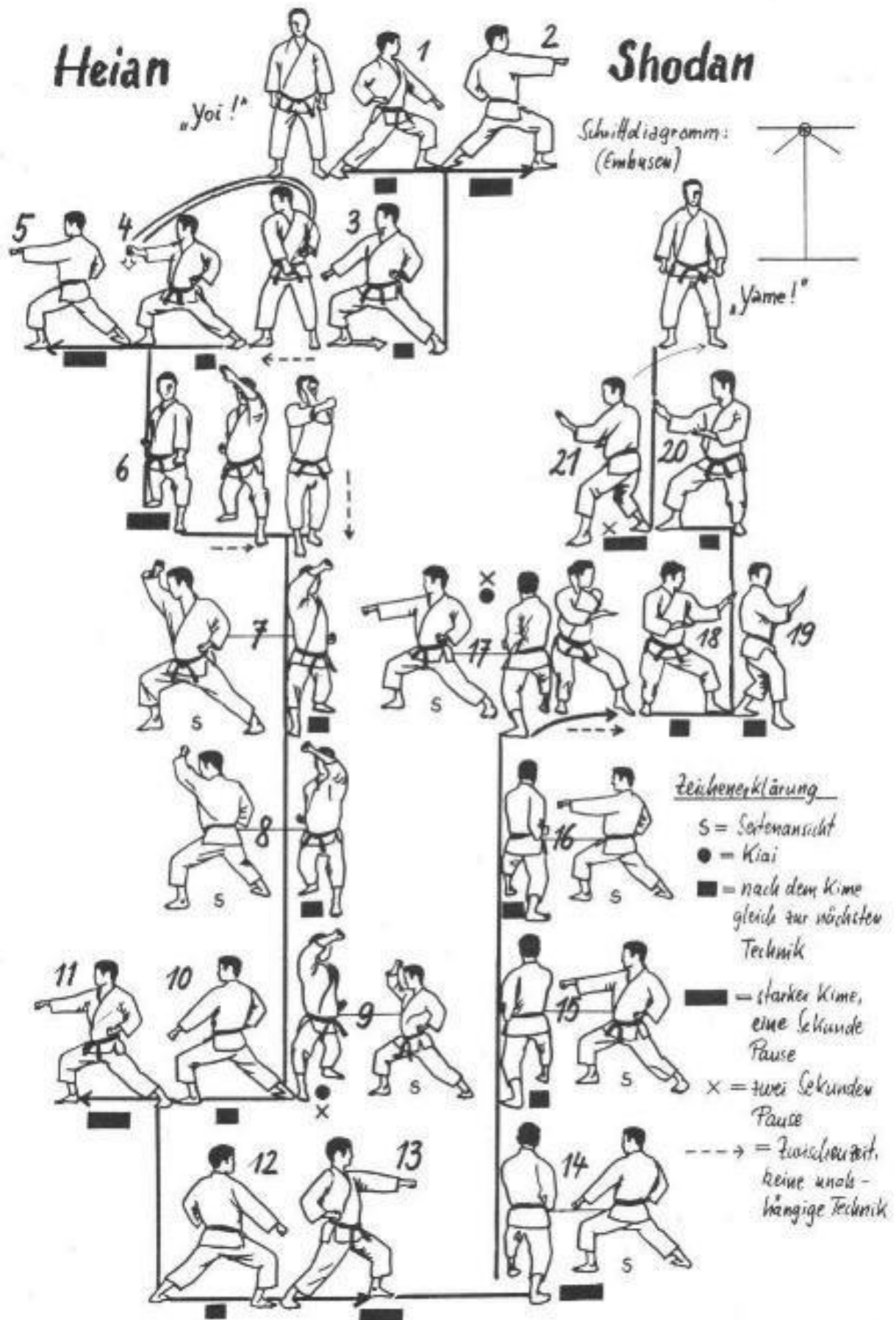
Fingerhebel Fusshebel	1 1	
Würgeabwehren	4	Stand, Boden, Wand, vorne hinten
Revergriffabwehren	4	
Umklammerungsabwehren	3	
Faustschlagabwehren	3	
Fusstritt- abwehren	2	
Haagriffabwehr	2	
Handgelenkbefreiungen	6	
Nierenschere	1	
Nasengriff	1	

Hebel am Boden	4	 WAKI-GATAME  Variations 1  2 
Festhaltegriffe Judo	4	Kesa-gatame up Übersicht  Kata-gatame up Übersicht  Yoko-shio-gatame up Übersicht  Kami-shio-gatame up Übersicht 
Festhaltegriffe JJ	3	
Transportgriff	3	
O-goshi		

De-ashi-barei		
Uki-goshi		
O-uchi-gari		
Ippon-seoi-nage		
Harai-goshi		
Tai-otoshi		
Koshi-guruma		
Taikyoku-jodan	Kata	
Heian-jodan	Kata	
Heian-nidan	Kata	
Heian-sandan	Kata	
Messerabwehren	1	
Stockschlagabwehr	1	
Schmerzpunkte	4	Kopf, Beine, Körper
Randori	4 Min.	
Kuatsu Technik	3	

Taikyoku Shodan (Nr. 1)





Heian Nidan (Nr. 2)



S = Seitenansicht

● = Kiai

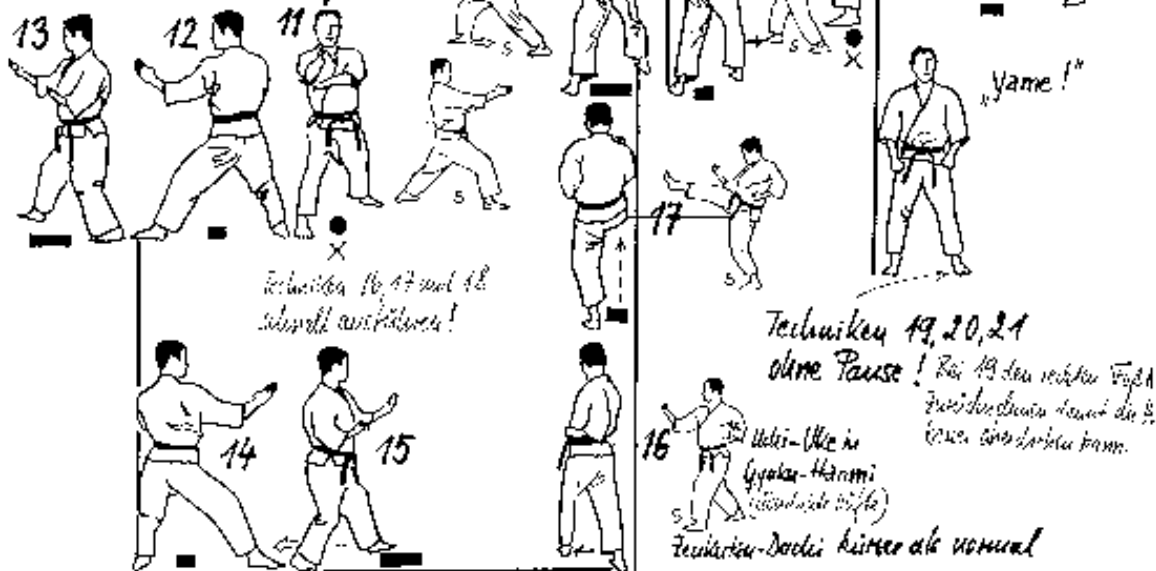
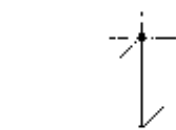
■ = nach dem Kieme
gleich zur nächsten
Technik

■ = Harter Kieme,
eine Sekunde
Pause

---> Ausrückzeit

× = zwei Sekunden
Pause

Lehrbildprogramm (Emerson)



Dauer etwa 15 Sekunden

