



BARANKAMPFSport
KAMPFKUNST - SELBSTVERTEIDIGUNG - FITNESS

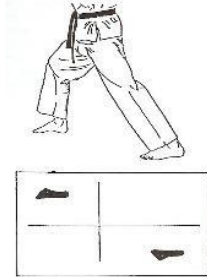
Prüfungsanforderungen

8. Kyu (weiss I)

I Kihon

Dachi:

Zenkutsu-Dachi



Neko-Ashi-Dachi



Heiko-Dachi



Tsuki:

Oi-Tsuki

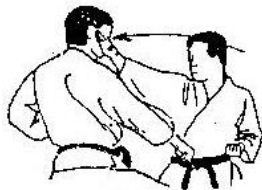


Gyaku-Tsuki



Uchi:

Shuto-Uchi



Uraken-Uchi



Uke:

Age-Uke



Soto-Uke



Gedan-Barai



Geri:

Mae-Geri



Mawashi-Geri



II Kumite: Ippon-Kumite 1 - 3

III Form: Traditionelles Schrittdiagramm