



International Karate-Do Goju-Kai Association (I.K.G.A.)
Swiss Karate-Do Goju-Kai

空手道剛柔会

GOJUKAI KARATE SCHULE BERN

Kalchackerhof 3 E-Mail: info@gojukai.ch
3047 Bremgarten Web: www.gojukai.ch

Technische Basis der International Karate-Do Gojuai Association (I.K.G.A.)

Kihon Ido	Yakusoku Kumite	Kihon Kata	Fukyu Kata	Kaishu Kata	Tokutei Kata	Bunkai Kata
Kihon Ido 1	Yakusoku Kumite 1, 2 Zuki / Geri	Sanchin	Taikyoku Jodan 1, 2	Saifa	Genkaku	Gekisai 1, 2
Kihon Ido 2	Ippon Kumite 1, 2	Tensho	Taikyoku Chudan 1, 2	Seinchin	Chikaku	Saifa
Ouyo Ido	Nekoshi Dachi Kihon Kumite		Taikyoku Gedan 1, 2	Sanseru	Kouryu	Seinchin
	Yohon Kumite		Taikyoku Kake Uke 1, 2	Seisan	Tenryu	Sanseru
	Gohon Kumite		Taikyoku Mawashi Uke 1, 2	Shisochin		Seisan
	Nanahon Kumite		Gekisai 1, 2	Seipai		Shisochin
	Roppon Kumite			Kururunfa		Seipai
	Sanchin Tensho Kote Awaze			Suparinpei		Kururunfa
	Sanchin Tensho Kaeshi Kumite					Suparinpei