



**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

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**Kihon Ido Ichi**

Prüfungsanforderung der Schülergrade 10.- 6.Kyu

Nr.	Stellung	Technik
<b>Kamae:</b> I.Sanchin Dachi, Chudan Uke no Kamae		
1	Sanchin Dachi	Jodan Uke
2	Zenkutsu Dachi	Chudan Uke
3	Shiko Dachi shakaku	Haraiotoshi Uke
4	Sanchin Dachi	Yoko Uke Shitabarai
<b>Kamae:</b> I. Sanchin Dachi, Seikenzuki no Kamae		
6	Sanchin Dachi	Jodan Zuki
7	Zenkutsu Dachi	Chudan Zuki
8	Shiko Dachi shakaku	Chudan Seiken Zuki
9	Zenkutsu Dachi	Hijiate
10	Shiko Dachi chokkaku	Chudan Seiken Zuki
<b>Kamae:</b> I. Sanchin Dachi, Geri no Kamae		
11	Sanchin Dachi	Chudan Mae Geri
12	Zenkutsu Dachi	Chudan Mae Geri
13	Hankutsu Dachi	Jodan Sokuto Geri
14	Shiko Dachi / shakaku	Kansetsu Geri