



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
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Kihon Ido Ni

Prüfungsanforderung der Schülergrade 5. - 4.Kyu

Prüfungsanforderung der Schülergrade 3. - 1.Kyu (Kamae: I. Neko Ashi Dachi)

Nr.	Stellung	Technik
Kamae: I. Sanchin Dachi, Kumite no kamae		
1	Sanchin Dachi	Jodan Uke, Chudan Zuki
2	Zenkutsu Dachi	Chudan Uke, Jodan Zuki
3	Shiko Dachi shakaku	Haraiotoshi Uke, Chudan seiken Zuki
	Sanchin Dachi	Yoko Uke Shitabarai; Morote Zuki
Kamae: I. Sanchin Dachi, Kumite no kamae		
5	Sanchin Dachi	Jodan Zuk, Mae Geri
6	Zenkutsu Dachi	Mae Geri, Chudan Zuki
7	Shiko Dachi shakaku	Hijiate 4-hon doza
8	Zenkutsu Dachi	Hijiate, Chudan Zuki
9	Shiko Dachi chokkaku	Tettsui, Urauchi
Kamae: I.Sanchin Dachi, Kumite no kamae		
10	Sanchin Dachi	Chudan Mae Geri, Mawashi Geri
11	Zenkutsu Dachi	Chudan Mae Geri, Hijiate 4-hon doza
12	Hankutsu Dachi	Jodan Sokuto Geri, Chudan Seiken Zuki
13	Shiko Dachi shakaku	Kansetsu Geri, Age Zuki 4-hon doza