

10.1.

Allgemein

Bedeutung Karate, Kyokushinkai, Shinkyokushinkai

Karate Gi falten

Karate Gi anziehen (Gürtel binden)

Benehmen im Dojo

Stretching, Ausdauer

Kihon

Yoi Dachi

Fudo Dachi

Zenkutsu Dachi

Seiken Oi Tsuki (Chudan, Jodan, Gedan)

Seiken Morote Tsuki (Chudan Jodan Gedan)

Seiken Jodan Uke

Seiken Gedan Barai

Hiza Geri

Kin Geri

10.2.

Kata

Kihon Kata Ichi

9.1.

Allgemein

Geschichte des Karate Do, Kyokushinkai und Shinkyokushinkai

Bedeutung von Kanku und Kokoro

Kihon

Sanchin Dachi

Kokutsu Dachi

Musubi Dachi

Seiken Ago Uchi

Seiken Gyaku Tsuki (Chudan, Jodan, Gedan)

Seiken Chudan Uchi Uke

Seiken Chudan Soto Uke

Mae Geri Chudan Chusoku

Kata

Taikyoku Sono Ichi

9.2.

Allgemein

10 Liegestütze

10 Situps

10 Kniebeugen

Kata

Taikyoku Sono Ni

Atemtechnik

Nogare

8.1.

Allgemein

Alle Techniken auch in Kiba Dachi 45 + 90 Grad

Kihon

Kiba Dachi

Seiken Tate Tsuki (Chudan, Jodan, Gedan)

Seiken Shita Tsuki

Seiken Jun Tsuki (Chudan, Jodan, Gedan)

Morote Chudan Uchi Uke

Morote Uchi Uke Gedan Barai

Kake Wake Uke

Mae Geri Jodan

8.2.

Allgemein

20 Liegestütze

20 Situps

20 Kniebeugen

Kata

Taikyoku Sono San

Sanbon Kumite I

In Zenkutsu Dachi

1. Schritt Angriff: Seiken Oi Tsuki Jodan – Abwehr: Seiken Oi Jodan Uke

2. Schritt Angriff: Seiken Oi Tsuki Chudan – Abwehr: Seiken Oi Soto Uke

3. Schritt Angriff: Seiken Oi Tsuki Gedan – Abwehr: Seiken Oi Mae Gedan Barai + Seiken Gyaku Tsuki Chudan + Seiken Oi Mae Gedan Barai

Jiyu Kumite

1 Runde (x2 Minuten)

7.1.

Kihon

Neko Ashi Dachi

Tettsui Oroshi Uchi

Tettsui Komi Kame Uchi

Tettsui Hizo Uchi

Tettsui Yoko Uchi (Jodan, Chudan, Gedan)

Seiken Mawashi Gedan Barai

Shuto Mawashi Uke

Mae Chusoku Keage
Teisoku Mawashi Soto Keage
Heisoku Mawashi Uchi Keage
Sokuto Yoko Keage

7.2.

Allgemein

30 Liegestütze
30 Situps
30 Kniebeugen

Kata

Pinan Sono Ichi

Atemtechnik

Ibuki Sankai
Nogare Ura

Jiyu Kumite

2 Runden (x2 Minuten)

6.1.

Allgemein

Yoko Geri aus Tsuru Ashi Dachii muss gezeigt werden

Kihon

Tsuru Ashi Dachii
Uraken Shomen Uchi
Uraken Sayu Uchi
Uraken Hizo Uchi
Uraken Oroshi Uchi
Uraken Mawashi Uchi
Nihon Nukite
Yonhon Nukite Chudan
Seiken Juji Uke (Jodan, Gedan)
Kansetsu Geri
Yoko Geri Chudan
Mawashi Geri Gedan (Haisoku)

6.2.

Allgemein

40 Liegestütze
40 Situps
40 Kniebeugen

Kata

Pinan Sono Ni

Jiyu Kumite

3 Runden (x2 Minuten)

5.1.

Kihon

Moro Ashi Dachi
Shotei Uchi (Jodan, Chudan, Gedan)
Jodan Hiji Ate
Shotei Uke (Jodan, Chudan, Gedan)
Chudan Mawashi Geri (Haisoku, Chusoku)
Ushiro Geri (Chudan, Gedan)

5.2.

Allgemein

50 Liegestütze
50 Situps
50 Kniebeugen

Kata

Pinan Sono San

Jiyu Kumite

5 Runden (x2 Minuten)

4.1.

Kihon

Heisoku Dachi
Heiko Dachi
Uchi Hachi Ji Dachi
Shuto Sakotsu Uchi
Shuto Yoko Ganmen Uchi
Shuto Uchi Komi
Shuto Hizo Uchi
Shuto Jodan Uchi Uchi
Shuto Jodan Uke
Shuto Chudan Soto Uke
Shuto Chudan Uchi Uke
Shuto Mae Gedan Barai
Mae Shuto Mawashi Uke
Shuto Jodan Uchi Uke
Jodan Yoko Geri
Jodan Mawashi Geri (Chusoku, Haisoku)
Jodan Ushiro Geri

4.2.

Allgemein

60 Liegestütze

60 Situps

60 Kniebeugen

Kata

Sanchin No Kata

Jiyu Kumite

8 Runden (x2 Minuten)

3.1.

Kihon

Kake Dachi

Chudan Hiji Ate

Chudan Mae Hiji Ate

Age Hiji Ate (Jodan, Chudan)

Ushiro Hiji Ate

Oroshi Hiji Ate

Shuto Juji Uke (Jodan, Gedan)

Mae Kakato Geri

3.2.

Allgemein

70 Liegestütze

70 Situps

70 Kniebeugen

Kata

Pinan Sono Yon

Jiyu Kumite

10 Runden (x2 Minuten)