

# 7. Kyu Kyokushin Karate

Mindestvorbereitungszeit: 3 Monate

Orangener Gürtel

Alle vorangegangenen Prüfungen müssen wiederholt werden

## KIHON

|           |                                                                                        |
|-----------|----------------------------------------------------------------------------------------|
| Dachi     | Uchi Hachiji Dachi, Sanchin Dachi, Heisoku Dachi, Musubi Dachi                         |
| Te Waza   | Tettsui Komi Kami, Tettsui Hizo Uchi, Tettsui Oroshi Uchi, Tettsui Yoko Uchi (C, J, G) |
| Uke Waza  | Uchi Uke/Gedan Barai, Shotei Uke (C, J, G)                                             |
| Keri Waza | Mae Kakato Geri (C, J), Mae Fumi Komi (C, G), Ushiro Geri (C, J, G)                    |
| Kata      | Kihon Kata Sono Ni, Pinan Sono Ichi                                                    |

## NAGE, NE, JIME

|               |                             |
|---------------|-----------------------------|
| Nage Waza     | Ashi Barai, Harai Goshi     |
| Kansetsu Waza | Waki Gatame, Kannuki Gatame |
| Jime Waza     | Sode Jime, Hadaka Jime      |

## ATEMTECHNIK

Ibuki Sankai

## REN RAKU WAZA

1. R Gyaku Tsuki Jodan - L Age Uchi - R Gyaku Shita Tsuki -  
R Gyaku Mawashi Uchi Jodan
2. L Mae Te Tsuki Jodan, nachsetzen - L Mae Mawashi Uchi Chudan -  
R Gyaku Tsuki Jodan, übersetzen (gleiche Auslage) - L Mae Ashi Mae Geri Chudan
3. R Kake Geri Jodan - L Gyaku Mawashi Uchi Jodan - R Mawashi Uchi Chudan

## KUMITE-ÜBUNGEN

1. Angriff L Mae Te Tsuki - R Gyaku Shita Tsuki  
Konter R Shotei Uke Jodan - R Gedan Barai - L Mae Te Tsuki Chudan - R Ashi Barai -  
L Mawashi Geri Gedan (wenn der Angreifer fällt, L Oroshi Tsuki)
2. Angriff R Mawashi Geri Chudan oder Jodan  
Konter L Mae Kakato Geri Chudan (Hüfte) - ohne abzusetzen L Yoko Geri Chudan -  
R Ushiro Geri Chudan
3. Angriff L Mae Te Tsuki Jodan  
Konter R Tate Tsuki Jodan - R Tettsui Hizo Uchi - L Mawashi Hiza Geri Chudan
4. Angriff R Gyaku Tsuki Jodan  
Konter L Uchi Uke Jodan - L Harai Goshi - Kesa Gatame - Sode Jime

## KUMITE

|                                       |               |
|---------------------------------------|---------------|
| Knockdown                             | 4 x 2 Minuten |
| Ne Waza                               | 3 x 3 Minuten |
| ('½ Minute Pause zwischen den Runden) |               |