

Prüfungsprogramm 6 Kyu (gelb-orange)



Tai-Otoshi



Seoi-Nage



De-Ashi-Barai



Ko-Soto-Gake



Ko-Soto-Gari



Ko-Uchi-Gari



Kuzure-Kesa-Gatame



Kuzure-Tate-Shiho-Gatame



Mune-Gatame
(Kuzure-Yoko-Shiho-Gatame)



Kuzure-Kami-Shiho-Gatame