

Prüfungstechniken 1. Kyu (braun)

Tachi waza – 1. Serie

| Nr. | Angriff (Uke) | Verteidigung (Tori) |
|-----|---------------|---------------------|
| 1 | | |
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| 10 | | |

Prüfungstechniken 1. Kyu (braun)

Tachi waza – 2. Serie

| Nr. | Angriff (Uke) | Verteidigung (Tori) |
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| 1 | | |
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| 10 | | |



Prüfungstechniken 1. Kyu (braun)

Suwari waza

| Nr. | Angriff (Uke) | Verteidigung (Tori) |
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