

Okinawa Karate & Kobudo Dojo Leipzig

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Ippon Kumite

1. Nagashi Uke, Hirate Uchi, Chudan Tsuki
2. Jodan Uke, Chudan Tsuki
3. Ryote Uke, Uraken
4. Jodan Uke, Hiji Uchi, Mawashi Hiji Uchi
5. Ryote Soto Uke, Chudan Tsuki
6. Nagashi Uke, Yoko Geri
7. Nagashi Uke, Hiji Kogeki
8. Nagashi Uke, Kin Uchi
9. Nagashi Uke, Mawashi Geri
11. Ryote Uchi Uke, Hiji Uchi
10. Juji Uke, Tekubi Gatame
12. Juji Oase Uke, Uraken
13. Juji Uke, Hiza Uchi
14. Ryote Kake Uke, Ude Gatame
16. Kake Uke, Mae Geri
15. Juji Jodan Uke, Ude Gatame
17. Shuto Uke, Ude Osae, Uraken
18. Shuto Uke, Hiji Uchi
19. Hirate Uke, Chudan Tsuki
20. Shuto Uke, Chudan Tsuki
21. Chudan Uke, Chudan Tsuki
22. Gedan Barai, Chudan Tsuki
23. Chudan Soto Uke, Chudan Tsuki