

Prüfungstechniken 6. Kyu (Kinder)

tai sabaki, shikko, mae ukemi, ushiro ukemi

Tachi waza

ai hanmi katate dori ikkyo – shiho nage

Suwari waza

ryote dori kokyu ho

Prüfungstechniken 5. Kyu

6 Monate Praxis nach Beginn

Tachi waza

ai hammi katate dori ikkyo – shiho nage – irimi nage – kote gaeshi
shomen uchi ikkyo – irimi nage – kote gaeshi
(ggfls. statisch ausgeführt)

Suwari waza

ryote dori kokyu ho

Prüfungstechniken 4. Kyu

6 Monate Praxis nach Erlangung des 5. Kyu

Tachi waza

ai hanmi katate dori nikyo – ude kime nage
katate dori ikkyo – nikyo – shiho nage – kote gaeshi –
irimi nage – tenchi nage – uchi kaiten nage –
ude kime nage – sokumen irimi nage
kata dori ikkyo – nikyo

ryote dori tenchi nage
shomen uchi nikyo

Suwari waza

ai hammi katate dori ikkyo – irimi nage
shomen uchi ikkyo – irimi nage

Prüfungstechniken 3. Kyu

8 Monate Praxis nach Erlangung des 4. Kyu

Tachi waza

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| katate dori | sankyo – ude garami |
| kata dori | sankyo |
| ryote dori | ikkyo – shiho nage – irimi nage |
| shomen uchi | sankyo |
| yokomen uchi | kote gaeshi – shiho nage – irimi nage – ude kime nage |
| ushiro ryote dori | ikkyo – nikyo – sankyo – kote gaeshi – kokyu nage |

Suwari waza

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|-------------|-------------------------------------|
| katate dori | ikkyo – nikyo – sankyo – irimi nage |
| kata dori | ikkyo – nikyo – sankyo |
| shomen uchi | nikyo – sankyo |

Hanmi Handachi waza

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|-------------|-------------------------------|
| katate dori | shiho nage – uchi kaiten nage |
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Prüfungstechniken 2. Kyu

12 Monate Praxis nach Erlangung des 3. Kyu

Tachi waza

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|----------------------|---|
| ai hanmi katate dori | koshi nage |
| katate dori | yonkyo – koshi nage – kokyu nage |
| ryote dori | kote gaeshi – ude kime nage |
| katate ryote dori | ikkyo – nikyo – sankyo – yonkyo – shiho nage – kote gaeshi – irimi nage – kokyu nage |
| kata dori men uchi | ikkyo – nikyo – sankyo – yonkyo – shiho nage – kote gaeshi – irimi nage – kokyu nage |
| shomen uchi | yonkyo – shiho nage – soto kaiten nage – uchi kaiten nage |
| yokomen uchi | ikkyo – nikyo – sankyo – yonkyo |

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|----------------------|---|
| ushiro ryote dori | yonkyo – irimi nage – ude kime nage – shiho nage |
| ushiro ryo kata dori | sokomen irimi nage – kokyu nage |

Suwari waza

| | |
|--------------|--|
| katate dori | yonkyo |
| shomen uchi | yonkyo |
| yokomen uchi | ikkyo – nikyo – sankyo – yonkyo – irimi nage |

Hanmi Handachi waza

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|-------------|--------------------------------|
| katate dori | kote gaeshi – soto kaiten nage |
| ryote dori | shiho nage |
| shomen uchi | soto kaiten nage |

Prüfungstechniken 1. Kyu

12 Monate Praxis nach Erlangung des 2. Kyu

Tachi waza

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|----------------------|--|
| katate dori | sumi otoshi |
| mae ryo kata dori | kokyu nage |
| muna dori | shiho nage |
| katate ryote dori | juji garami |
| shomen uchi | gokyo – kokyu nage – koshi nage |
| yokomen uchi | gokyo – kokyu nage – koshi nage |
| jodan tsuki | ikkyo – nikyo – sankyo – yonkyo – shiho nage – irimi nage – hiji kime osae |
| chudan tsuki | ikkyo – nikyo – sankyo – yonkyo – irimi nage – kote gaeshi – soto kaiten nage – uchi kaiten nage |
| ushiro ryote dori | sokumen irimi nage – juji garami – koshi nage |
| ushiro ryo kata dori | ikkyo – nikyo – sankyo – yonkyo – aiki otoshi |
| ushiro ryo hiji dori | ikkyo – kokyu nage |
| ushiro eri dori | ikkyo – kote gaeshi – shiho nage |
| ushiro katate dori | kubi shime ikkyo – kote gaeshi – shiho nage |

Suwari waza

| | |
|--------------|---------------------|
| shomen uchi | gokyo |
| yokomen uchi | gokyo – kote gaeshi |

Hanmi Handachi waza

| | |
|----------------------|---|
| katate dori | ikkyo – nikyo – sankyo – yonkyo |
| shomen uchi | ikkyo – nikyo – sankyo – yonkyo – irimi nage – kote gaeshi |
| ushiro ryo kata dori | ikkyo – nikyo – sankyo – yonkyo – koku nage |