

Prüfungsordnung

Stand: 1. Mai 2003

5. Kyu

Tachi Waza

Ai Hanmi Katate Dori	Ikkyo - Shiho Nage - Irimi Nage
Katate Dori	Shiho Nage - Tenchi Nage
Shomen Uchi	Ikkyo - Irimi Nage

Suwari Waza

Ryote Dori	Shikko (Kniegang) - Kokyu Ho
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4. Kyu

Tachi Waza

Katate Dori	Ikkyo - Nikyo - Kote Gaeshi - Irimi Nage - Uchi Kaiten Nage - Kokyu Nage - Ude Kime Nage - Sokumen Irimi Nage
Kata Dori	Ikkyo - Nikyo
Ai Hanmi Katate Dori	Nikyo - Sankyo - Kote Gaeshi - Ude Kime Nage
Shomen Uchi	Kote Gaeshi
Yokomen Uchi	Shiho Nage - Ude Kime Nage
Ryote Dori	Tenchi Nage
Ushiro Ryote Dori	Sankyo

Suwari Waza

Ai Hanmi Katate Dori	Ikkyo - Irimi Nage
Shomen Uchi	Ikkyo - Irimi Nage

3. Kyu

Tachi Waza

Katate Ryote Dori	Ikkyo - Nikyo - Kote Gaeshi - Ude Kime Nage - Kokyu Ho
Ryote Dori	Ikkyo - Shiho Nage
Ushiro Ryote Dori	Ikkyo - Nikyo - Kote Gaeshi - Shiho Nage - Irimi Nage - Ude Kime Nage
Yokomen Uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Kote Gaeshi - Irimi Nage
Shomen Uchi	Nikyo - Sankyo - Yonkyo
Kokyu Nage	Verschiedene Angriffe

Suwari Waza

Katate Dori	Ikkyo - Nikyo
Kata Dori	Ikkyo - Nikyo
Shomen Uchi	Nikyo - Sankyo - Yonkyo - Kote Gaeshi

Hanmi Handachi Waza

Katate dori	Shiho Nage - Uchi Kaiten Nage
Shomen Uchi	Irimi Nage

2. Kyu

Tachi Waza

Kata Dori Men Uchi	Ikkyo - Nikyo - Sankyo - Kote Gaeshi - Shiho Nage - Irimi Nage
Ushiro Ryo Kata Dori	Ikkyo - Nikyo - Sankyo - Sokumen Irimi Nage
Kata Dori	Sankyo - Yonkyo
Katate Dori	Sankyo - Yonkyo - Sumi Otoshi - Aiki Otoshi Koshi Nage
Shomen Uchi	Shiho Nage - Soto Kaiten Nage - Uchi Kaiten Nage
Yokomen Uchi	Gokyo
Ryote Dori	Kote Gaeshi - Irimi Nage
Ai Hanmi Katate Dori	Koshi Nage
Katate Ryote Dori	Irimi Nage
Ushiro Ryote Dori	Juji Garami - Sokumen Irimi Nage
Chudan Tsuki	Ikkyo - Irimi Nage
Jodan Tsuki	Hiji Kime Osae
Ushiro Ryo Hiji Dori	Ikkyo
Mae Ryo Kata Dori	Sokumen Irimi Nage
Kokyu Nage	Verschiedene Angriffe

Suwari Waza

Ryo Kata Dori	Ikkyo - Nikyo
Yokomen Uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Gokyo - Irimi Nage
Kata Dori	Sankyo
Katate Dori	Kote Gaeshi - Irimi Nage

Hanmi Handachi Waza

Shomen Uchi	Kote Gaeshi
Ryote Dori	Shiho Nage
Katate Dori	Soto Kaiten Nage

1. Kyu

Tachi Waza

Ushiro Eri Dori	Ikkyo - Kote Gaeshi - Shiho Nage
Jodan Tsuki	Ikkyo - Nikyo - Sankyo - Shiho Nage - Irimi Nage - Kaiten Nage
Chudan Tsuki	Nikyo - Sankyo - Kote Gaeshi - Kaiten Nage
Shomen Uchi	Gokyo
Muna Dori	Shiho Nage
Ushiro Katate Dori Kubi Shime	Kote Gaeshi - Shiho Nage
Katate Ryote Dori	Juji Garami
Verschiedene Anwendungen mit	Ikkyo - Nikyo - Sankyo - Yonkyo - Kaiten Nage - Sumi Otoshi
Verschiedene Angriffe und Schläge	Koshi Nage - Sokumen Irimi Nage
Alle Anwendungen mit	Ude Kime Nage auf Basis Shiho Nage Hiji Kime Osae auf Basis Ikkyo und Nikyo Ura

Suwari Waza

Yokomen Uchi	Kote Gaeshi
Shomen Uchi	Gokyo

Hanmi Handachi waza

Shomen Uchi	Ikkyo - Nikyo - Gokyo
Katate Dori	Nikyo

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