

# PRÜFUNGLISTE

(Erwachsene)



Grad	Technik	Ausführung	
5. Kyu	Mae Ukemi		
	Ushiro Ukemi		
	Shikko		
	Tai Sabaki		
	Tai No Henko	Kihon	
	Morote Dori Kokyu Ho	Kihon	
	Kokyu Dosa		
	Katate Dori Ikkyo	Kihon	omote+ura
	Katate Dori Shiho Nage	Shiho Nage	omote+ura
	Shomen Uchi Ikkyo	(Suwari Waza) Kihon	omote+ura
	Shomen Uchi Nikyo	Kihon	omote+ura
	Ken Suburi 1-7		
	Roku No Jo		
4. Kyu	Katate Dori Nikyo	Kihon	omote+ura
	Katate Dori Sankyo	Kihon	omote+ura
	Shomen Uchi Nikyo	(Suwari Waza) Kihon	omote+ura
	Shomen Uchi Sankyo	Kihon	omote+ura
	Shomen Uchi Shiho Nage	Kihon	omote+ura
	Shomen Uchi Kote Gaeshi	Kihon	
	Tsuki Kote Gaeshi		
	Ryote Dori Tenchi Nage		+Tenkan
	Jiu-Waza (1 Partner): Katate Dori		
	31 Jo Kata		
	Happo Giri		
3. Kyu	Tai No Henko (Ki No Nagare)	Ki No Nagare	
	Katate Dori Kaiten Nage	Kihon	soto+uchi
	Shomen Uchi Sankyo	(Suwari Waza) Kihon	omote+ura
	Shomen Uchi Yonkyo	Kihon	omote+ura
	Shomen Uchi Irimi Nage	Kihon	Tenkan
	Ryote Dori Shiho Nage	Kihon	omote+ura
	Yokomen Uchi Shiho Nage	Ki No Nagare	omote+ura
	Yokomen Uchi Kokyu Nage	Ki No Nagare	
	Ushiro Ryote Dori Ikkyo	Kihon	omote+ura
	Ushiro Ryote Dori Kokyu Nage	Kihon, Ki No Nagare	
	Jiu-Waza (2 Partner): Katate Dori		
	Migi Awase, Hidari Awase, Go No Awase, Sichi No Awase		
	13 Jo Kata		

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<b>2. Kyu</b>	Katate Dori Kokyu Nage	Ki No Nagare	
	Katate Dori Irimi Nage	Kihon	Jodan, Chudan, Gedan
	Shomen Uchi Yonkyo	(Suwari Waza) Kihon	omote+ura
	Ryote Dori Koshi Nage	Kihon	
	Yokomen Uchi Ikkyo	Kihon	omote+ura
	Yokomen Uchi Nikyo	Kihon	omote+ura
	Yokomen Uchi Sankyo	Kihon	omote+ura
	Yokomen Uchi Yonkyo	Kihon	omote+ura
	Yokomen Uchi Gokyo	Kihon	ura
	Ushiro Ryote Dori Sankyo	Kihon	omote+ura
	Ushiro Ryote Dori Shiho Nage	Ki No Nagare	
	Ushiro Ryote Dori Kote Gaeshi	Ki No Nagare	
	Morote Dori Kokyu Ho	Ki No Nagare	Irimi
	Morote Dori Ikkyo	Kihon	omote+ura
	Jiu-Waza (2 Partner): Katate Dori, Ryote Dori		
	Jo Suburi 1-20		
	Kumi Tachi 1-3		
	Tanto Dori (2 Formen)		
	Jo Dori (2 Formen)		
Tachi Dori (2 Formen)			
<b>1. Kyu</b>	Morote Dori Sankyo	Kihon	omote+ura
	Shiho Nage (3 Formen)	Kihon, Ki No Nagare	omote+ura
	Kote Gaeshi (3 Formen)	Kihon, Ki No Nagare	
	Irimi Nage (3 Formen)	Kihon, Ki No Nagare	
	Kokyu Nage (3 Formen)	Kihon, Ki No Nagare	
	Koshi Nage (3 Formen)	Kihon	
	Ushiro Waza (3 Formen)	Kihon, Ki No Nagare	
	Kaiten Nage (3 Formen)	Kihon, Ki No Nagare	uchi+soto
	Katate Dori Shiho Nage	(Hanmi Handachi) Kihon	
	Shomen Uchi Irimi Nage	(Hanmi Handachi) Kihon	
	Yokomen Uchi Ikkyo	Suwari Waza Kihon	omote+ura
	Yokomen Uchi Nikyo	Suwari Waza Kihon	omote+ura
	Yokomen Uchi Sankyo	Suwari Waza Kihon	omote+ura
	Yokomen Uchi Yonkyo	Suwari Waza Kihon	omote+ura
	Yokomen Uchi Gokyo	Suwari Waza Kihon	ura
	Jiu-Waza (2 Partner): freier Angriff		
	Kumi Tachi 4-5, Ki Musubi No Tachi		
	Ken Tai Jo 1-7		
	Tanto Dori (3 Formen)		
	Jo Dori (3 Formen)		
Tachi Dori (3 Formen)			