








# PRÜFUNGLISTE

(Kinder und Jugendliche)






Grad	Technik	Ausführung	
<b>10. Kyu</b> 	Mae Ukemi (Vorwärtsrolle)	sitzend	
	Ushiro Ukemi (Rückwärtsrolle)	sitzend	
	Shikko (Kniegang)		
	Tai Sabaki (Wechselschritt mit Drehung)		
	Tai No Henko	kihon	
	Katate Dori Kokyu Nage (Nr. 1)	kihon	
	Gyakute Dori Ikkyo	kihon	omote
<b>9. Kyu</b> 	Mae Ukemi (Vorwärtsrolle)	stehend	
	Ushiro Ukemi (Rückwärtsrolle)	stehend	
	Kokyu Dosa	suwari waza (sitzend)	
	Katate Dori Ikkyo	kihon	omote+ura
	Katate Dori Kokyu Nage (Nr. 2)	kihon	
	Katate Dori Kokyu Nage (Nr. 3)	kihon	
	Gyakute Dori Kokyu Ho	kihon	
<b>8. Kyu</b> 	Mae/Ushiro Ukemi Kombination	stehend	
	Tai No Henko	ki no nagare	
	Gyakute Dori Ude Kime Nage	kihon	
	Gyakute Dori Kote Gaeshi	kihon	
	Ryote Dori Tenshi Nage	kihon	
	Ryote Dori Kokyu Nage	kihon	
<b>7. Kyu</b> 	Katate Dori Kokyu Ho	kihon	
	Katate Dori Shiho Nage	kihon	omote+ura
	Katate Dori Kokyu Nage	ki no nagare	
	Ryote Dori Kokyu Nage	kihon	
	Tsuki Kote Gaeshi	ki no nagare	
	Tsuki Kokyu Nage	ki no nagare	
<b>6. Kyu</b> 	Ryote Dori Ikkyo	kihon	omote+ura
	Tsuki Ude Kime Nage	ki no nagare	
	Shomen Uchi Irimi Nage	kihon	
	Shomen Uchi Ikkyo	kihon	omote+ura
	Shomen Uchi Shiho Nage	kihon	omote+ura
	Shomen Uchi Kote Gaeshi	kihon	
<b>5. Kyu</b> 	Ryote Dori Kokyu Nage	ki no nagare	
	Morote Dori Ikkyo	kihon	omote
	Morote Dori Kokyu Nage	kihon	
	Morote Dori Kokyu Ho	kihon	
	Yokomen Uchi Ikkyo	ki no nagare	omote+ura
	Shomen Uchi Ikkyo	suwari waza	omote+ura
	Jiu Waza (Katate Dori)		
<b>4. Kyu</b> 	Yokomen Uchi Shiho Nage	ki no nagare	omote+ura
	Yokomen Uchi Ude Kime Nage	ki no nagare	
	Yokomen Uchi Kokyu Nage	ki no nagare	
	Yokomen Uchi Gokyo	kihon	ura
	Yokomen Uchi Kokyu Nage	ki no nagare	
	Ryote Dori Kokyu Ho	suwari waza	
	Jiu Waza (Katate Dori, Ryote Dori)		
	Tanto Dori (Ikkyo, Shiho Nage, Kote Gaeshi)		
	Ken Suburi (1-7)		
	Roku No Jo		

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<b>3. Kyu</b> 	Katate Dori Kaiten Nage	kihon	uchi+soto
	Kata Dori Nikyo	kihon	omote+ura
	Shomen Uchi Sankyo	kihon	omote+ura
	Yokomen Uchi Ude Kime Nage	ki no nagare	
	Yokomen Uchi Kote Gaeshi	ki no nagare	
	Yokomen Uchi Kokyu Nage	ki no nagare	
	Yokomen Uchi Ikkyo	suwari waza	ura
	Jiu Waza (Katate Dori 2 Partner)		
	Tachi Dori (Kokyu Nage, Kokyu Ho 3 Formen)		
	Happo Giri		
	Ken Awase (Migi, Hidari, Go No, Shichi No)		
	Jo Kata (31)		
	<b>2. Kyu</b> 	Tsuki Ikkyo	ki no nagare
Tsuki Shiho Nage		ki no nagare	omote+ura
Tsuki Kaiten Nage		ki no nagare	uchi+soto
Katate Dori Koshi Nage		kihon	
Ryote Dori Sankyo		kihon	omote+ura
Kata Menuchi Ikkyo		kihon	omote+ura
Kata Menuchi Irimi Nage		kihon	
Ushiro Ryote Dori Kokyu Nage		ki no nagare	
Ushiro Ryote Dori Ikkyo		kihon	
Katate Dori Ikkyo		suwari waza	omote+ura
Shomen Uchi Nikyo		suwari waza	omote+ura
Shomen Uchi Sankyo		suwari waza	omote+ura
Jiu Waza (Katate Dori, Ryote Dori 2 Partner)			
Kumi Tachi (1-3)			
Jo Suburi (1-10)			
Jo Dori (3 Formen)			
Jo Kata (13)			
Tachi Dori (3 Formen)			
<b>1. Kyu</b> 	Kata Menuchi Kote Gaeshi	kihon	
	Kata Menuchi Shiho Nage	kihon	
	Ushiro Ryote Dori Shiho Nage	ki no nagare	
	Ushiro Ryote Dori Kote Gaeshi	ki no nagare	
	Ryote Dori Yonkyo	kihon	omote+ura
	Mune Dori Juji Nage	kihon	
	Morote Dori Kokyu Ho	ki no nagare	
	Tanto Dori Kote Gaeshi (Tsuki)	ki no nagare	
	Tanto Dori Shiho Nage (Tsuki)	ki no nagare	
	Katate Dori Kaiten Nage	hanmi handachi	uchi+soto
	Katate Dori Shiho Nage	hanmi handachi	omote+ura
	Ushiro Ryote Dori Kokyu Nage	hanmi handachi	
	Yokomen Uchi Sankyo	suwari waza	omote+ura
	Yokomen Uchi Yonkyo	suwari waza	omote+ura
	Jiu Waza (freier Angriff, 2 Partner)		
	Kumi Tachi (4-5, Ki Musubi No Tachi)		
	Jo Suburi (11-20)		
Kumi Jo (1-5)			
Ken Tai Jo (1-3)			