



Prüfungstechniken

(gültig ab Oktober 2019)

Yudan (ab 2. Dan)

(Trainingszeit mind. so viele Jahre wie angestrebter Dan Grad)

1. Tai no henko 1
2. Ryote mochi shomen irimi nage 1*
3. Katate aya mochi nikajo osae 2*
4. Shitei waza 1
5. Shitei waza 2
6. Shitei waza 3
7. Shitei waza 4
8. Shitei jiyu waza 1
9. Shitei jiyu waza 2
10. für **Nidan**: Futari-dori (1 Tanto, 1 Sude)
 ab Sandan: Sannin-dori (je 1 Bokken, Tanto, Sude)
11. Shumatsu dosa 1
12. Shumatsu dosa 2

*= (jährlich) wechselnde Techniken

Shitei waza

- | | |
|---|---|
| <p>Katate mochi shiho nage 1/2
Ryote mochi shiho nage 1/2
Yokomen uchi shiho nage 1/2
Shomen uchi shiho nage
Hanmi handachi katate mochi shiho nage 1/2
Hanmi handachi ryote mochi shiho nage</p> <p>x Shomen uchi ikkajo osae 1/2
x Yokomen uchi ikkajo osae 1/2
x Katate mochi ikkajo osae 1/2
x Ryote mochi ikkajo osae 1/2
x Hiji mochi ikkajo osae 1/2
x Kata mochi ikkajo osae 1/2
x Mune mochi ikkajo osae 1/2
Ushiro waza ryote mochi ikkajo osae 1/2
Ushiro waza katate eri mochi ikkajo osae 1/2
Ushiro waza ryohiji mochi ikkajo osae 1/2
Ushiro waza ryokata mochi ikkajo osae 1/2
Ushiro waza eri mochi ikkajo osae 1/2</p> <p>x Katate mochi nikajo osae 1/2
x Ryote mochi nikajo osae 1/2
x Katate aya mochi nikajo osae 1/2
x Hiji mochi nikajo osae 1/2
x Kata mochi nikajo osae 1/2
x Mune mochi nikajo osae 1/2
x Shomen uchi nikajo osae 1/2
x Yokomen uchi nikajo osae 1/2</p> <p>x Shomen uchi sankajo osae 1/2
x Yokomen uchi sankajo osae 1/2
x Katate mochi sankajo osae 1/2
x Ryote mochi sankajo osae 1/2
x Hiji mochi sankajo osae 1/2
x Kata mochi sankajo osae 1/2
x Mune mochi sankajo osae 1/2
Ushiro waza ryote mochi sankajo osae 1/2
Ushiro waza katate eri mochi sankajo osae 1/2
Ushiro waza ryohiji mochi sankajo osae 1/2
Ushiro waza ryokata mochi sankajo osae 1/2</p> | <p>x Shomen uchi yonkajo osae 1/2
x Yokomen uchi yonkajo osae 1/2
x Katate mochi yokanjo osae 1/2
x Ryote mochi yokanjo osae 1/2
x Hiji mochi yokanjo osae 1/2
x Kata mochi yokanjo osae 1/2
x Mune mochi yokanjo osae 1/2</p> <p>x Katate mochi sokumen irimi nage 1/2
x Ryote mochi sokumen irimi nage 1/2
x Hiji mochi sokumen irimi nage 1/2
x Kata mochi sokumen irimi nage 1/2
x Mune mochi sokumen irimi nage 1/2
x Shomen uchi sokumen irimi nage 1/2
x Yokomen uchi sokumen irimi nage 1/2
Ushiro waza ryote mochi sokumen irimi nage 1/2
Ushiro waza ryohiji mochi sokumen irimi nage 1/2
Ushiro waza ryokata mochi sokumen irimi nage 1/2</p> <p>x Shomen uchi shomen irimi nage 1/2
x Yokomen uchi shomen irimi nage 1/2
x Katate mochi shomen irimi nage 1/2
x Ryote mochi shomen irimi nage 1/2</p> <p>x Shomen uchi hijishime 1/2
x Yokomen uchi hijishime 1/2
x Katate mochi hijishime 1/2
x Ryote mochi hijishime 1/2
x Hiji mochi hijishime 1/2
x Kata mochi hijishime 1/2
x Mune mochi hijishime 1/2
Ushiro waza ryote mochi hijishime 1/2
Ushiro waza eri mochi hijishime 1/2</p> <p>x Shomen uchi hijiate kokyu nage 1/2
x Yokomen uchi hijiate kokyu nage 1/2
x Shomen tsuki hijiate kokyu nage 1/2
x Katate mochi hijiate kokyu nage 1/2
x Ryote mochi hijiate kokyu nage 1/2
Ushiro waza ryote mochi hijiate kokyu nage 1/2</p> |
|---|---|

- x Shomen uchi kote gaeshi 1/2
- x Yokomen uchi kote gaeshi 1/2
- x Shomen tsuki kote gaeshi 1/2
- x Katate mochi kote gaeshi 1/2
- x Ryote mochi kote gaeshi 1/2
- Ushiro waza ryote mochi kote gaeshi 1/2
- x Ryote mochi tenchi nage 1/2

Shomen uchi kokyu nage
 Yokomen uchi kokyu nage
 Katate mochi kokyu nage
 Ryote mochi kokyu nage
 Shomen tsuki kokyu nage

Suwari waza ryote mochi kokyu-ho 1/2/3/4/5

Shitei jiyu waza

Shomen uchi jiyu waza
 Yokomen uchi jiyu waza
 Katate mochi jiyu waza
 Ryote mochi jiyu waza
 Shomen tsuki jiyu waza
 Kata mochi jiyu waza
 Shomen yokomen uchi jiyu waza
 Ushiro waza ryote mochi jiyu waza
 Ushiro waza ryohiji mochi jiyu waza
 Ushiro waza ryokata mochi jiyu waza
 Tanto dori jiyu waza
 Ken dori jiyu waza

x =auch Suwari waza
 Techniken werden beidseitig geprüft