



Prüfungstechniken

(gültig ab April 2023)

Shodan (1. Dan)

(Trainingszeit mind. 1 Jahr)

- | | |
|---|--------------------------------------|
| 1. Migi Hanmi no Kamae | 7. Katate Mochi Hijiate Kokyunage 2* |
| 2. Hidari Hanmi no Kamae | 8. Shitei Waza 1 |
| 3. Hiriki no Yosei 1 | 9. Shitei Waza 2 |
| 4. Hiriki no Yosei 2 | 10. Shitei Waza 3 |
| 5. Hanmi Handachi Ryote Mochi Shihonage* | 11. Shitei Waza 4 |
| 6. Suwari Waza Shomen Tsuki Kotegaeshi 1* | 12. Shitei Jiyu Waza |
| | 13. Shumatsu Dosa 1 |
| | 14. Shumatsu Dosa 2 |

*= (jährlich) wechselnde Techniken

Shitei Waza

- | | |
|---|--|
| Katate Mochi Shihonage 1/2 | |
| Ryote Mochi Shihonage 1/2 | |
| Yokomen Uchi Shihonage 1/2 | |
| Hanmi Handachi Katate Mochi Shihonage 1/2 | x Shomen Uchi Shomen Iriminage 1/2 |
| Hanmi Handachi Ryote Mochi Shihonage | x Yokomen Uchi Shomen Iriminage 1/2 |
| x Shomen Uchi Ikkajo Osae 1/2 | x Shomen Uchi Hijishime 1/2 |
| x Yokomen Uchi Ikkajo Osae 1/2 | x Yokomen Uchi Hijishime 1/2 |
| x Katate Mochi Ikkajo Osae 1/2 | x Kata Mochi Hijishime 1/2 |
| x Kata Mochi Ikkajo Osae 1/2 | x Mune Mochi Hijishime 1/2 |
| Ushiro Waza Ryote Mochi Ikkajo Osae 1/2 | x Shomen Uchi Hijiate Kokyunage 1/2 |
| Ushiro Waza Katate Eri Mochi Ikkajo Osae 1/2 | x Katate Mochi Hijiate Kokyunage 1/2 |
| x Katate Mochi Nikajo Osae 1/2 | x Shomen Uchi Kotegaeshi 1/2 |
| x Kata Mochi Nikajo Osae 1/2 | x Yokomen Uchi Kotegaeshi 1/2 |
| x Shomen Uchi Nikajo Osae 1/2 | x Shomen Tsuki Kotegaeshi 1/2 |
| x Yokomen Uchi Nikajo Osae 1/2 | |
| x Shomen Uchi Sankajo Osae 1/2 | x Ryote Mochi Tenchinage 1/2 |
| x Yokomen Uchi Sankajo Osae 1/2 | |
| x Kata Mochi Sankajo Osae 1/2 | Suwari Waza Ryote Mochi Kokyu Ho 1/2/3 |
| Ushiro Waza Ryote Mochi Sankajo Osae 1/2 | |
| Ushiro Waza Katate Eri Mochi Sankajo Osae 1/2 | |
| x Shomen Uchi Yonkajo Osae 1/2 | |
| x Yokomen Uchi Yonkajo Osae 1/2 | |
| x Katate Mochi Yokanjo Osae 1/2 | |
| x Katate Mochi Sokumen Iriminage 1/2 | |
| x Kata Mochi Sokumen Iriminage 1/2 | |

x =auch Suwari Waza / Techniken werden beidseitig geprüft

Shitei Jiyu Waza

Shomen Uchi Jiyu Waza
Yokomen Uchi Jiyu Waza
Katate Mochi Jiyu Waza
Ryote Mochi Jiyu Waza
Shomen Tsuki Jiyu Waza