



## Prüfungstechniken

(gültig ab April 2023)

### Yudan (ab 2. Dan)

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

1. Tai no Henko 1
2. Katate Aya Mochi Nikajo Osae 2\*
3. Ryote Mochi Shomen Iriminage 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

- Katate Mochi Shihonage 1/2
- Ryote Mochi Shihonage 1/2
- Yokomen Uchi Shihonage 1/2
- Shomen Uchi Shihonage
- Hanmi Handachi Katate Mochi Shihonage 1/2
- Hanmi Handachi Ryote Mochi Shihonage
- 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
- 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
- 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
- x Shomen Uchi Shomen Iriminage 1/2
- x Yokomen Uchi Shomen Iriminage 1/2
- x Katate Mochi Shomen Iriminage 1/2
- x Ryote Mochi Shomen Iriminage 1/2
- 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
- x Shomen Uchi Hijiate Kokyunage 1/2
- x Yokomen Uchi Hijiate Kokyunage 1/2
- x Shomen Tsuki Hijiate Kokyunage 1/2
- x Katate Mochi Hijiate Kokyunage 1/2
- x Ryote Mochi Hijiate Kokyunage 1/2
- Ushiro Waza Ryote Mochi Hijiate Kokyunage 1/2

- x Shomen Uchi Kotegaeshi 1/2
- x Yokomen Uchi Kotegaeshi 1/2
- x Shomen Tsuki Kotegaeshi 1/2
- x Katate Mochi Kotegaeshi 1/2
- x Ryote Mochi Kotegaeshi 1/2
- Ushiro Waza Ryote Mochi Kotegaeshi 1/2
- x Ryote Mochi Tenchinage 1/2

Shomen Uchi Kokyunage  
 Yokomen Uchi Kokyunage  
 Katate Mochi Kokyunage  
 Ryote Mochi Kokyunage  
 Shomen Tsuki Kokyunage

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