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## **Prüfungstechniken**

(gültig ab Juli 2024)

### **Shodan (1. Dan)**

(Trainingszeit mind. 1 Jahr)

- |  |                      |
|--|----------------------|
| 1. Migi Hanmi no Kamae                     | 8. Shitei Waza 1     |
| 2. Hidari Hanmi no Kamae                   | 9. Shitei Waza 2     |
| 3. Hiriki no Yosei 1                       | 10. Shitei Waza 3    |
| 4. Hiriki no Yosei 2                       | 11. Shitei Waza 4    |
| 5. Kata Mochi Sankajo Osae 2*              | 12. Shitei Jiyu Waza |
| 6. Suwari Waza Shomen Uchi<br>Hijishime 1* | 13. Shumatsu Dosa 1  |
| 7. Shomen Tsuki Kotegaeshi 2*              | 14. Shumatsu Dosa 2  |

\*= (jährlich) wechselnde Techniken

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### **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 Yonkajo 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