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Prüfungstechniken

(gültig ab Juli 2025)

Shodan (1. Dan)

(Trainingszeit mind. 1 Jahr)

1. Migi Hanmi no Kamae
2. Hidari Hanmi no Kamae
3. Hiriki no Yosei 1
4. Hiriki no Yosei 2
5. Katate Mochi Yokanjo Osae 1*
6. Suwari Waza Kata Mochi Sankajo Osae 2*
7. Shomen Uchi Hijiate Kokyunage 1*
8. Shitei Waza 1
9. Shitei Waza 2
10. Shitei Waza 3
11. Shitei Waza 4
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
- 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 Kata Mochi Ikkajo Osae 1/2
- Ushiro Waza Ryote Mochi Ikkajo Osae 1/2
- Ushiro Waza Katate Eri Mochi Ikkajo Osae 1/2
- x Katate Mochi Nikajo Osae 1/2
- x Kata 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 Kata Mochi Sankajo Osae 1/2
- 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 Shomen Uchi Shomen Iriminage 1/2
- x Yokomen Uchi Shomen Iriminage 1/2
- x Shomen Uchi Hijishime 1/2
- x Yokomen Uchi Hijishime 1/2
- x Kata Mochi Hijishime 1/2
- x Mune Mochi Hijishime 1/2
- x Shomen Uchi Hijiate Kokyunage 1/2
- x Katate Mochi Hijiate Kokyunage 1/2
- x Shomen Uchi Kotegaeshi 1/2
- x Yokomen Uchi Kotegaeshi 1/2
- x Shomen Tsuki Kotegaeshi 1/2
- x Ryote Mochi Tenchinage 1/2
- Suwari Waza Ryote Mochi Kokyu Ho 1/2/3

Shitei Jiyu Waza

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

x =auch Suwari Waza
Techniken werden beidseitig geprüft