



## Prüfungstechniken

(gültig ab Juli 2025)

### Yudan (ab 2. Dan)

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

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|------------------------------------|--|
| 1. Tai no Henko 1                  | 8. Shitei Jiyu Waza 1                                |
| 2. Hiji Mochi Sokumen Iriminage 1* | 9. Shitei Jiyu Waza 2                                |
| 3. Ryote Mochi Kotegaeshi 2*       | 10. für <b>Nidan</b> : Futari Dori (1 Tanto, 1 Sude) |
| 4. Shitei Waza 1                   | <b>ab Sandan</b> : Sannin Dori                       |
| 5. Shitei Waza 2                   | (je 1 Bokken, Tanto, Sude)                           |
| 6. Shitei Waza 3                   | 11. Shumatsu Dosa 1                                  |
| 7. Shitei Waza 4                   | 12. Shumatsu Dosa 2                                  |

\*= (jährlich) wechselnde Techniken

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#### Shitei Waza

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|---|---|
| Katate Mochi Shihonage 1/2                    | x Shomen Uchi Yonkajo Osae 1/2                  |
| Ryote Mochi Shihonage 1/2                     | x Yokomen Uchi Yonkajo Osae 1/2                 |
| Yokomen Uchi Shihonage 1/2                    | x Katate Mochi Yokanjo Osae 1/2                 |
| Shomen Uchi Shihonage                         | x Ryote Mochi Yokanjo Osae 1/2                  |
| Hanmi Handachi Katate Mochi Shihonage 1/2     | x Hiji Mochi Yokanjo Osae 1/2                   |
| Hanmi Handachi Ryote Mochi Shihonage          | x Kata Mochi Yokanjo Osae 1/2                   |
|   | x Mune Mochi Yokanjo Osae 1/2                   |
| x Shomen Uchi Ikkajo Osae 1/2                 |   |
| x Yokomen Uchi Ikkajo Osae 1/2                | x Katate Mochi Sokumen Iriminage 1/2            |
| x Katate Mochi Ikkajo Osae 1/2                | x Ryote Mochi Sokumen Iriminage 1/2             |
| x Ryote Mochi Ikkajo Osae 1/2                 | x Hiji Mochi Sokumen Iriminage 1/2              |
| x Hiji Mochi Ikkajo Osae 1/2                  | x Kata Mochi Sokumen Iriminage 1/2              |
| x Kata Mochi Ikkajo Osae 1/2                  | x Mune Mochi Sokumen Iriminage 1/2              |
| x Mune Mochi Ikkajo Osae 1/2                  | x Shomen Uchi Sokumen Iriminage 1/2             |
| Ushiho Waza Ryote Mochi Ikkajo Osae 1/2       | x Yokomen Uchi Sokumen Iriminage 1/2            |
| Ushiho Waza Katate Eri Mochi Ikkajo Osae 1/2  | Ushiho Waza Ryote Mochi Sokumen Iriminage 1/2   |
| Ushiho Waza Ryohiji Mochi Ikkajo Osae 1/2     | Ushiho Waza Ryohiji Mochi Sokumen Iriminage 1/2 |
| Ushiho Waza Ryokata Mochi Ikkajo Osae 1/2     | Ushiho Waza Ryokata Mochi Sokumen Iriminage 1/2 |
| Ushiho Waza Eri Mochi Ikkajo Osae 1/2         |   |
|   | x Shomen Uchi Shomen Iriminage 1/2              |
| x Katate Mochi Nikajo Osae 1/2                | x Yokomen Uchi Shomen Iriminage 1/2             |
| x Ryote Mochi Nikajo Osae 1/2                 | x Katate Mochi Shomen Iriminage 1/2             |
| x Katate Aya Mochi Nikajo Osae 1/2            | x Ryote Mochi Shomen Iriminage 1/2              |
| x Hiji Mochi Nikajo Osae 1/2                  |   |
| x Kata Mochi Nikajo Osae 1/2                  | x Shomen Uchi Hijishime 1/2                     |
| x Mune Mochi Nikajo Osae 1/2                  | x Yokomen Uchi Hijishime 1/2                    |
| x Shomen Uchi Nikajo Osae 1/2                 | x Katate Mochi Hijishime 1/2                    |
| x Yokomen Uchi Nikajo Osae 1/2                | x Ryote Mochi Hijishime 1/2                     |
|   | x Hiji Mochi Hijishime 1/2                      |
| x Shomen Uchi Sankajo Osae 1/2                | x Kata Mochi Hijishime 1/2                      |
| x Yokomen Uchi Sankajo Osae 1/2               | x Mune Mochi Hijishime 1/2                      |
| x Katate Mochi Sankajo Osae 1/2               | Ushiho Waza Ryote Mochi Hijishime 1/2           |
| x Ryote Mochi Sankajo Osae 1/2                | Ushiho Waza Eri Mochi Hijishime 1/2             |
| x Hiji Mochi Sankajo Osae 1/2                 |   |
| x Kata Mochi Sankajo Osae 1/2                 | x Shomen Uchi Hijiate Kokyunage 1/2             |
| x Mune Mochi Sankajo Osae 1/2                 | x Yokomen Uchi Hijiate Kokyunage 1/2            |
| Ushiho Waza Ryote Mochi Sankajo Osae 1/2      | x Shomen Tsuki Hijiate Kokyunage 1/2            |
| Ushiho Waza Katate Eri Mochi Sankajo Osae 1/2 | x Katate Mochi Hijiate Kokyunage 1/2            |
| Ushiho Waza Ryohiji Mochi Sankajo Osae 1/2    | x Ryote Mochi Hijiate Kokyunage 1/2             |
| Ushiho Waza Ryokata Mochi Sankajo Osae 1/2    | Ushiho 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