



Prüfungstechniken

(gültig ab Juli 2026)

Shodan (1. Dan)

(Trainingszeit mind. 1 Jahr)

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|--|----------------------|
| 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. Yokomen Uchi Nikajo Osae 1* | 12. Shitei Jiyu Waza |
| 6. Ushiro Waza Katate Eri Mochi Ikkajo Osae 2* | 13. Shumatsu Dosa 1 |
| 7. Shomen Tsuki Kotegaeshi 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 Yonkajo 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