



Prüfungstechniken

(gültig ab Juli 2026)

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 Nikajo Osae 1* | 9. Shitei Jiyu Waza 2 |
| 3. Ryote Mochi Shomen Iriminage 2* | 10. für Nidan : Futari Dori (1 Tanto, 1 Sude) |
| 4. Shitei Waza 1 | ab Sandan : 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

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 Yonkajo Osae 1/2
x Yokomen Uchi Yonkajo Osae 1/2
x Katate Mochi Yonkajo Osae 1/2
x Ryote Mochi Yonkajo Osae 1/2
x Hiji Mochi Yonkajo Osae 1/2
x Kata Mochi Yonkajo Osae 1/2
x Mune Mochi Yonkajo Osae 1/2 |
| 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
Ushiho Waza Ryote Mochi Ikkajo Osae 1/2
Ushiho Waza Katate Eri Mochi Ikkajo Osae 1/2
Ushiho Waza Ryohiji Mochi Ikkajo Osae 1/2
Ushiho Waza Ryokata Mochi Ikkajo Osae 1/2
Ushiho Waza Eri Mochi Ikkajo Osae 1/2 | x Katate Mochi Sokumen Iriminage 1/2
x Ryote Mochi Sokumen Iriminage 1/2
x Hiji Mochi Sokumen Iriminage 1/2
x Kata Mochi Sokumen Iriminage 1/2
x Mune Mochi Sokumen Iriminage 1/2
x Shomen Uchi Sokumen Iriminage 1/2
x Yokomen Uchi Sokumen Iriminage 1/2
Ushiho Waza Ryote Mochi Sokumen Iriminage 1/2
Ushiho Waza Ryohiji Mochi Sokumen Iriminage 1/2
Ushiho Waza Ryokata Mochi Sokumen Iriminage 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 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 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
Ushiho Waza Ryote Mochi Sankajo Osae 1/2
Ushiho Waza Katate Eri Mochi Sankajo Osae 1/2
Ushiho Waza Ryohiji Mochi Sankajo Osae 1/2
Ushiho Waza Ryokata Mochi Sankajo Osae 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
Ushiho Waza Ryote Mochi Hijishime 1/2
Ushiho 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
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