

5.Kyu

tai jutsu

tachi waza

	hanmi	
	tai sabaki	
	ukemi	
katate	dori tai no henko	kihon + ki no nagare
morote dori	kokyo ho	
katame waza		
katate dori	ikkyo	omote + ura
shomen uchi	ikkyo	omote + ura
nage waza		
katate dori	shiho nage	omote + ura
shomen uchi	irimi nage	

suwari waza

ryote dori	kokyo ho
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buki waza

ken suburi	1 – 5
jo suburi	1 – 5

4.Kyu

tai jutsu

tachi waza

katame waza

kata dori	ikkyo	omote + ura
katate dori	nikyo	omote + ura
shomen uchi	nikyo	omote + ura

nage waza

katate dori	kokyo ho	
ryote dori	kokyo ho	
ryote dori	shiho nage	omote + ura
yokomen uchi	shiho nage	omote + ura
katate dori	irimi nage	chudan
ryote dori	irimi nage	jodan

suwari waza

ryokata dori	kokyo ho	
shomen uchi	ikkyo	omote + ura

buki waza

ken suburi	1 – 7
migi no ken awase	
hidari no ken awase	
jo suburi	1 – 10
roku no jo	

3.Kyu**tai jutsu****tachi waza**

katame waza

yokomen uchi	ikkyo	omote + ura
kata dori	nikyo	omote + ura
katate dori	sankyo	omote + ura
shomen uchi	sankyo	omote + ura

nage waza

shomen uchi	shiho nage	omote + ura
morote dori	shiho nage	omote + ura
chudan tsuki	irimi nage	
yokomen uchi	irimi nage	
chudan tsuki	kote gaeshi	
shomen uchi	kote gaeshi	
katate dori	koshi nage	

ushiro waza

ushiro ryote dori	ikkyo	omote + ura
ushiro ryote dori	shiho nage	omote + ura

suwari waza

morote dori	kokyo ho	
kata dori	ikkyo	omote + ura
shomen uchi	nikyo	omote + ura

buki waza

happo giri	
go no ken awase	
shichi no ken awase	
jo suburi	1 – 20
31 jo kata	

2.Kyu**tai jutsu****tachi waza**

katame waza

koza dori	ikkyo	omote + ura
yokomen uchi	nikyo	omote + ura
kata dori	sankyo	omote + ura
katate dori	yonkyo	omote + ura
shomen uchi	yonkyo	omote + ura

nage waza

ryokata dori	kokyo ho	
shomen tsuki	shiho nage	omote + ura
kata dori men uchi	shiho nage	omote + ura
katate dori kote	gaeshi	
ryote dori	koshi nage	2 Formen
katate dori	kaiten nage uchi	
katate dori	kaiten nage soto	

ushiro waza

ushiro ryote dori	nikyo	omote + ura
ushiro ryote dori	irimi nage	
ushiro ryote dori	kote gaeshi	

suwari waza

yokomen uchi	ikkyo	omote + ura
kata dori	nikyo	omote + ura
shomen uchi	sankyo	omote + ura
shomen uchi	yonkyo	omote + ura

hanmi handachi waza

katate dori	shiho nage	omote
shomen uchi	irimi nage	

buki waza

Kumi tachi	1 + 2
Kumi jo	1 + 2
13 jo kata	

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers

1.Kyu**tai jutsu****tachi waza**

katame waza

muna dori	ikkyo	omote + ura
koza dori	nikyo	omote + ura
ryote dori	nikyo	omote + ura
yokomen uchi	sankyo	omote + ura
muna dori	sankyo	omote + ura
yokomen uchi	yonkyo	omote + ura
yokomen uchi	gokyo	ura

nage waza

muna dori	shiho nage	omote + ura
yokomen uchi	irimi nage	
kata dori men uchi	irimi nage	
yokomen uchi	kote gaeshi	
shomen uchi	koshi nage	
yokomen uchi	koshi nage	
chudan tsuki	kaiten nage	soto
ryote dori	tenchi nage	
kata dori men uchi	ude kime nage	
muna dori (men uchi)	juji nage	

ushiro waza

ushiro ryote dori	sankyo	omote + ura
ushiro ryote dori	irimi nage	henka („schräg“)
ushiro ryote dori	koshi nage	
ushiro ryote dori	juji nage	

suwari waza

yokomen uchi	ikkyo bis gokyo	omote + ura
kata dori	ikkyo bis yonkyo	omote + ura

hanmi handachi waza

katate dori	kaiten nage	uchi
katate dori	kaiten nage	soto
shomen uchi	kote gaeshi	

jiyu waza

1 Angriff 1 Uke

buki waza

Kumi tachi	1 – 5
Kumi jo	1 – 5

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers