

Prüfungstechniken für die einzelnen Kyugrade:

5. Kyu

Form:	Technik:
1.	irimi-nage
1.	kotegaeshi mit osai-wasa
1.	shiho-nage omote- & ura-wasa

4. Kyu

Form:	Technik:
1./ 2.	irimi-nage
2.	kotegaeshi
2.	shiho nage omote- & ura-wasa
2.	uchi-kaiten-nage omote-wasa
2.	tenchi-nage
1./ 2.	ikkyo omote- & ura-wasa

3. Kyu

Form:	Technik:
1. - 3.	irimi-nage
3.*	shiho-nage omote-wasa
3.*	kotegaeshi
2.	kaiten-nage, mindestens 4 verschiedene
3.	tenchi-nage
3.	ikkyo omote- & ura-wasa
3.	nikyo omote- & ura-wasa
1.	nikyo omote- & ura-wasa

* men-uchi

2. Kyu

Form:	Technik:
1. - 5.	irimi-nage
4.	irimi-nage, mindestens 4 verschiedene
4.	kotegaeshi, mindestens 4 verschiedene
4./5.	shiho-nage omote wasa
5.	kotegaeshi
5.	kaiten-nage
5.	tenchi-nage
5.	ikkyo omote- & ura-wasa / schnell
1./ 4.	ikkyo omote- & ura-wasa
1./ 4.	nikyo omote- & ura-wasa
1./ 4.	sankyo omote- & ura-wasa
1.	kokyu-nage, mindestens 4 verschiedene

1. Kyu

Form:	Technik:
1. - 6.	irimi-nage
6.	irimi-nage, mindestens 4 verschiedene
6.	shiho-nage omote- & ura-wasa
6.	kotegaeshi, mindestens 4 verschiedene
6.	kaiten-nage, mindestens 4 verschiedene
6.	tenchi-nage
5./6.	ikkyo omote- & ura-wasa
5./6.	nikyo omote- & ura-wasa
5./6.	sankyo omote- & ura-wasa
1./5./6.	yonkyo omote- & ura-wasa
5.	ikkyo omote- & ura-wasa / schnell
2.	kokyu-nage, mindestens 4 verschiedene

Die Angriffsformen:

1. ai-hanmi katate-tori
2. gyaku-hanmi katate-tori
3. kata-tori (men-uchi)
4. mune-tori
5. shomen-uchi
6. yokomen-uchi
7. chudan-tsuki
8. ushiro-katate-eri-tori
9. katate-ryote-tori
10. ryote-tori
11. ryo-hiji-tori
12. ryo-kata-tori
13. ushiro-ryote-tori
14. ushiro-ryo-hiji-tori
15. ushiro-ryo-kata-tori
16. ushiro-katate-tori-kubi-shime