

Prüfungstechniken - 1. Dan

|                       |            |                                                |  |
|-----------------------|------------|------------------------------------------------|--|
| 1.-8. Form            |            | Iriminage/Kotegeeshi/Shihonage                 |  |
| Chudanzuki            |            | Iriminage (versch.)                            |  |
| Chudanzuki            |            | Kotegeeshi (versch.)                           |  |
| Chudanzuki            |            | Kaitennage (versch.)                           |  |
| Chudanzuki            |            | Shihonage omote waza                           |  |
| Chudanzuki            |            | Tenchinage                                     |  |
| Ushiro-katate-eridori |            | Iriminage (4 versch.)                          |  |
| Ushiro-katate-eridori |            | Kotegeeshi (4 versch.)                         |  |
| Ushiro-katate-eridori |            | Shihonage omote waza                           |  |
| Chudanzuki            |            | Ikkyo omote + ura waza                         |  |
| Chudanzuki            |            | Nikyo omote + ura waza                         |  |
| Chudanzuki            |            | Sankyo omote + ura waza                        |  |
| Chudanzuki            |            | Yonkyo omote + ura waza                        |  |
| Ushiro-katate-eridori |            | Ikkyo omote + ura waza                         |  |
| Ushiro-katate-eridori |            | Nikyo omote + ura waza                         |  |
| Ushiro-katate-eridori |            | Sankyo omote + ura waza                        |  |
| Ushiro-katate-eridori |            | Yonkyo omote + ura waza                        |  |
| Shomenuchi            |            | Koshinage                                      |  |
| Shomenuchi            | Suwariwaza | Ikkyo omote + ura waza                         |  |
| Shomenuchi            | Suwariwaza | Technik frei                                   |  |
| Shomenuchi            | Tantodori  | Gokyo                                          |  |
| Yokomenuchi           | Tantodori  | Gokyo                                          |  |
| Yokomenuchi           | Tantodori  | Kotegaeshi                                     |  |
| Chudanzuki            | Tantodori  | Technik frei                                   |  |
|                       |            |                                                |  |
| Jo                    |            | Choku-zuki Jodan-gaeshi                        |  |
| Jo                    |            | Kaeshi-zuki Jodan-gaeshi                       |  |
| Jo                    |            | Gyakui-zuki Jodan-gaeshi                       |  |
| Jo                    |            | Choku-zuki Gedan-gaeshi Nr. 1                  |  |
| Jo                    |            | Choku-zuki Gedan-gaeshi Nr. 2                  |  |
| Jo                    |            | Katate-gedan-gaeshi                            |  |
| Jo                    |            | Katate-gedan-gaeshi (Variation)                |  |
| Jo                    |            | Shomenuchi Hasso"                              |  |
| Jo                    |            | Shomenuchi Hasso"4 Richtungen                  |  |
| Jo                    |            | Shomenuchi Hasso"Chudan-zuki                   |  |
| Jo                    |            | Shomenuchi Hasso Chudan-zuki Hasso Ushiro-zuki |  |
| Jo                    |            | Shomenuchi Hasso Chudan-zuki Hasso Koho-barai  |  |
| Jo                    |            | Toma-katate-uchi                               |  |
| Jo                    |            | Katate-hachi-no-ji-gaishi Hasso                |  |
| Jo                    |            | Yokomen-uchi Nagare-gaeshi Chudanzuki          |  |
| Jo                    |            | Choku-zuki, 4 Richtungen                       |  |
| Jo                    |            | Gyaku-zuki, 4 Richtungen                       |  |
| Jo                    |            | 25'er Kata                                     |  |
| Ryokatadori           | Randori    | gegen zwei Angreifer                           |  |