

# Prüfungstechniken für die einzelnen Kyugrade:

## 5. Kyu

| Form: | Technik:                    |
|-------|-----------------------------|
| 1.    | irimi-nage                  |
| 1.    | shiho-nage omote- & urawasa |
| 1.    | kotegaeshi mit osai-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