

Prüfungstechniken

Dan

1. bis 4. DAN

(zusätzlich sind alle Techniken vom 6. - 1. Kyû möglich)

	Technik
Suwari waza	
	Ryo kata dori Ikkyo
	Ryo kata dori Nikyo
	Ryo kata dori Sankyo
	Ryo kata dori Yonkyo
	Ryo kata dori Irimi nage
	Ryo kata dori Kokyu nage
	Shomen uchi Ikkyo
	Shomen uchi Nikyo
	Shomen uchi Sankyo
	Shomen uchi Yonkyo
	Shomen uchi Gokyo
	Shomen uchi Irimi nage
	Shomen uchi Kote gaeshi
	Shomen uchi Kokyu nage
	Yokomen uchi Ikkyo
	Yokomen uchi Nikyo
	Yokomen uchi Sankyo
	Yokomen uchi Yonkyo
	Yokomen uchi Gokyo
	Yokomen uchi Irimi nage
	Yokomen uchi Kote gaeshi
	Yokomen uchi Kokyu nage
Hanmihandachi	
	Gyakuhanmi katate dori Ikkyo
	Gyakuhanmi katate dori Nikyo
	Gyakuhanmi katate dori Shiho Nage
	Gyakuhanmi katate dori Uchi kaiten nage

	Gyakuhanmi katate dori Soto kaiten nage
	Gyakuhanmi katate dori Irimi nage
	Gyakuhanmi katate dori Kote gaeshi
	Gyakuhanmi katate dori Kokyu nage
	Ushiro ryo kata dori ikkyo
	Ushiro ryo kata dori Sankyo
	Ushiro ryo kata dori Kote gaeshi
	Ushiro ryo kata dori jujigaraminage
	Ushiro ryo kata dori Kokyu nage
Tachi waza	
	Shomen uchi Ikkyo
	Shomen uchi Shiho nage
	Shomen uchi Udekime nage
	Shomen uchi Kote gaeshi
	Shomen uchi Irimi nage
	Yokomen uchi Ikkyo
	Yokomen uchi Shiho nage
	Yokomen uchi Udekime nage
	Yokomen uchi Kote gaeshi
	Yokomen uchi Irimi nage
	Kata dori men uchi Ikkyo
	Kata dori men uchi Nikyo
	Kata dori men uchi Shiho nage
	Kata dori men uchi Irimi nage
	Kata dori men uchi Kote gaeshi
	Ryote dori Tenchi nage
	Ryote dori Koshi nage
	Ryote dori Kokyu nage
	Chudan tsuki Jiyu waza
Ushiro waza	
	Ushiro ryote dori Ikkyo
	Ushiro ryote dori Koshi nage
	Ushiro ryote dori Irimi nage
	Ushiro ryote dori Shiho nage
	Ushiro ryote dori Kote gaeshi

	Ushiro ryote dori Kokyu nage
	Ushiro ryo kata dori Ikkyo
	Ushiro ryo kata dori Koshi nage
	Ushiro ryo kata dori Irimi nage
	Ushiro ryo kata dori Shiho nage
	Ushiro ryo kata dori Kote gaeshi
	Ushiro ryo kata dori Kokyu nage
	Ushiro katate dori kubishime Ikkyo
	Ushiro katate dori kubishime Koshi nage
	Ushiro katate dori kubishime Irimi nage
	Ushiro katate dori kubishime Shiho nage
	Ushiro katate dori kubishime Kote gaeshi
	Ushiro katate dori kubishime Kokyu nage
	Ushiro eri dori Ikkyo
	Ushiro eri dori Koshi nage
	Ushiro eri dori Irimi nage
	Ushiro eri dori Shiho nage
	Ushiro eri dori Kote gaeshi
	Ushiro eri dori Kokyu nage
Taninzu gake	Jiyu waza
Tanto dori	Jiyu waza
Jo dori	Jiyu waza
ab 2.DAN	
Tachi dori	Jiyu waza
Jo gegen Jo	Jiyu waza
ab 3. DAN	
Bokken gegen Bokken	Jiyu waza

