



## **Prüfungstechniken**

(gültig ab Oktober 2019)

### **Shodan (1. Dan)**

(Trainingszeit mind. 1 Jahr)

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|--|----------------------|
| 1. Migi hanmi no kamae                       | 8. Shitei waza 1     |
| 2. Hidari hanmi no kamae                     | 9. Shitei waza 2     |
| 3. Hiriki no yosei 1                         | 10. Shitei waza 3    |
| 4. Hiriki no yosei 2                         | 11. Shitei waza 4    |
| 5. Yokomen uchi nikajo osae 1*               | 12. Shitei jiyu waza |
| 6. Katate mochi hijiate kokyu nage 1*        | 13. Shumatsu dosa 1  |
| 7. Suwari waza shomen uchi<br>kote gaeshi 2* | 14. Shumatsu dosa 2  |

\*= (jährlich) wechselnde Techniken

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### **Shitei waza**

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|---|--|
| Katate mochi shiho nage 1/2                   | x Shomen uchi shomen irimi nage 1/2    |
| Ryote mochi shiho nage 1/2                    | x Yokomen uchi shomen irimi nage 1/2   |
| Yokomen uchi shiho nage 1/2                   |  |
| Hanmi handachi katate mochi shiho nage 1/2    | x Shomen uchi hijishime 1/2            |
| Hanmi handachi ryote mochi shiho nage         | x Yokomen uchi hijishime 1/2           |
|   | x Kata mochi hijishime 1/2             |
| x Shomen uchi ikkajo osae 1/2                 | x Mune mochi hijishime 1/2             |
| x Yokomen uchi ikkajo osae 1/2                |  |
| x Katate mochi ikkajo osae 1/2                | x Shomen uchi hijiate kokyu nage 1/2   |
| x Kata mochi ikkajo osae 1/2                  | x Katate mochi hijiate kokyu nage 1/2  |
| Ushiro waza ryote mochi ikkajo osae 1/2       |  |
| Ushiro waza katate eri mochi ikkajo osae 1/2  | x Shomen uchi kote gaeshi 1/2          |
|   | x Yokomen uchi kote gaeshi 1/2         |
| x Katate mochi nikajo osae 1/2                | x Shomen tsuki kote gaeshi 1/2         |
| x Kata mochi nikajo osae 1/2                  |  |
| x Shomen uchi nikajo osae 1/2                 | x Ryote mochi tenchi nage 1/2          |
| x Yokomen uchi nikajo osae 1/2                |  |
|   | Suwari waza ryote mochi kokyu-ho 1/2/3 |
| x Shomen uchi sankajo osae 1/2                |  |
| x Yokomen uchi sankajo osae 1/2               |  |
| x Kata mochi sankajo osae 1/2                 |  |
| Ushiro waza ryote mochi sankajo osae 1/2      |  |
| Ushiro waza katate eri mochi sankajo osae 1/2 |  |
|   | <b>Shitei jiyu waza</b>                |
| x Shomen uchi yonkajo osae 1/2                | Shomen uchi jiyu waza                  |
| x Yokomen uchi yonkajo osae 1/2               | Yokomen uchi jiyu waza                 |
| x Katate mochi yokanjo osae 1/2               | Katate mochi jiyu waza                 |
|   | Ryote mochi jiyu waza                  |
| x Katate mochi sokumen irimi nage 1/2         | Shomen tsuki jiyu waza                 |
| x Kata mochi sokumen irimi nage 1/2           |  |

x =auch Suwari waza

Techniken werden beidseitig geprüft