



## 5. Kyu

### **Tachi Waza**

**Ai Hanmi Katate Dori**

Ikkyo – Iriminage – Shihonage

**Katate Dori**

Shihonage – Tenchinage

**Shomen Uchi**

Ikkyo – Iriminage

### **Suvari Waza**

**Ryote Dori**

Kokyu Ho



## 4. Kyu

### **Tachi Waza**

**Katate Dori**

Ikkyo – Nikyo – Kotegaeshi –  
Iriminage – Uchi Kaiten Nage –  
Kokyunage – Sokumen –  
Udekimenage

**Kata Dori**

Ikkyo – Nikyo

**Ai Hamni Katate Dori**

Nikyo – Sankyo – Kotegaeshi –  
Udekimenage

**Shomen Uchi**

Kotegaeshi

**Yokomen Uchi**

Shihonage – Udekimenage

**Ryote Dori**

Tenchinage

**Ushiro Ryote Dori**

Sankyo

### **Suvari Waza**

**Ai Hamni Katate Dori**

Ikkyo – Iriminage

**Shomen Uchi**

Ikkyo – Iriminage



## 3. Kyu

### **Tachi Waza**

**Katate Ryote Dori**

Ikkyo – Nikyo – Kotegaeshi –

Udekimenage – Kokyu ho

**Ryote Dori**

Ikkyo – Shiho nage

**Ushiro Ryote Dori**

Ikkyo – Nikyo – Kotegaeshi –

Shihonage – Iriminage –

Udekimenage

**Shomen Uchi**

Nikyo – Sankyo – Yonkyo

**Yokomen Uchi**

Ikkyo – Nikyo – Sankyo –

Yonkyo – Kotegaeshi –

Iriminage

## **Suvari Waza**

**Katate Dori**

Ikkyo – Nikyo

**Kata Dori**

Ikkyo – Nikyo

**Shomen Uchi**

Nikyo – Sankyo – Yonkyo

Kotegaeshi

## **Hanmi Handachi Waza**

**Katate Dori**

Shihonage – Uchi Kaiten Nage

**Shomen Uchi**

Iriminage



## 2. Kyu

### **Tachi Waza**

**Kata Dori Men Uchi**

Ikkyo – Nikyo – Sankyo – Kotegaeshi  
– Shihonage – Iriminage

**Ushiro Ryo kata**

Ikkyo – Nikyo – Sankyo – Sokumen

**Kata Dori**

Sankyo – Yonkyo

**Katate Dori**

Sankyo – Yonkyo – Sumi Otoshi –  
Aiki Otoshi – Koshinage

**Shomen Uchi**

Shihonage – Soto Kaiten Nage –  
Uchi Kaiten Nage

**Yokomen Uchi**

Gokyo

**Ryote Dori**

Kotegaeshi – Iriminage

**Ai Hamni Katate Dori**

Koshinage

**Katate Ryote Dori**

Iriminage

**Ushiro Ryote Dori**

Jugi Garami – Sokumen

**Chudan Tsuki**

Ikkyo – Iriminage

**Jodan Tsuki**

Hijikimeosae

**Ushiro Ryo Hiji Dori**

Ikkyo

**Mae Ryo Kata Dori**

Sokumen

## **Suwari Waza**

**Ryo Kata Dori**

Ikkyo – Nikyo

**Yokomen Uchi**

Ikkyo – Nikyo – Sankyo – Yonkyo –

Gokyo – Iriminage

**Kata Dori**

Sankyo

**Katate Dori**

Kotegaeshi – Iriminage

## **Hanmi Handachi Waza**

**Shomen Uchi**

Kotegaeshi

**Ryote Dori**

Shihonage

**Katate Dori**

Soto Kaiten Nage



# 1. Kyu

## **Tachi Waza**

<b>Ushiro Eri Dori</b>	Ikkyo – Kotegaeshi – Shihonage
<b>Jodan Tsuki</b>	Ikkyo – Nikyo – Sankyo – Shihonage – Iriminage – Kaiten Nage
<b>Chudan Tsuki</b>	Nikyo – Sankyo – Kotegaeshi – Kaiten Nage
<b>Shomen Uchi</b>	Gokyo
<b>Muna Dori</b>	Shihonage
<b>Ushiro Katate Dori Kubishime</b>	Kotegaeshi – Shihonage
<b>Katate Ryote Dori</b>	Juji Garami

## **Suwari Waza**

**Shomen Uchi**

Gokyo

## **Hanmi Handachi Waza**

**Shomen Uchi**

Ikkyo

**Katate Dori**

Nikyo





# 1. Dan (Shodan)

**Minimum 3 Jahre nach Beginn**

**Minimum 1 Jahr nach der Prüfung des 1. Kyus**

**Das ganze Kyu Programm ... plus**

## **Tanto Dori**

**Tsuki**

Ikkyo – Hijikimeosae – Shihonage –  
Kotegaeshi – Uchi Kaiten Sankyo –  
Kubishime

**Shomen Uchi**

Gokyo – Kotegaeshi – Kubishime

**Yokomen Uchi**

Gokyo – Kotegaeshi – Shihonage  
(Honte et Gyakte)

**Yoko Gedan Tsuki**

Ude Garami – Kotegaeshi –  
Kubishime

**Ura Mawashi Tsuki**

Hijikimeosae – Kubishime

## **Randori**

**Mae Ryo Kata Dori**

**gegen 2 Partner**



## 2. Dan (Nidan)

**Minimum 1 Jahr nach der Prüfung des 1. Dans**

**Das bisherige Programm ... plus**

### **Jo Dori**

#### **Tsuki**

Kokyunage (Base Ikkyo) –  
Kotegaeshi – Sokumen –  
Udekimenage – Shihonage –  
Kokyunage

#### **Shomen Uchi**

Kotegaeshi – Sokumen –  
Udekimenage

#### **Yokomen Uchi**

Kotegaeshi – Sokumen –  
Udekimenage

## **Jo Nage Waza**

**Kokyunage**

Basis Ikkyo

Basis Udekimenage

Basis Irimi Henka

Basis Uchi Kaiten

Direkt in die Beine

Basis Nikyo

## **Randori**

**Mae Ryo Kata Dori**

**gegen 3 Partner**



## 3. Dan (Sandan)

**Minimum 2 Jahre nach der Prüfung des 2. Dans**

**Das bisherige Programm ... plus**

### **Tachi Dori**

#### **Shomen Uchi**

Kotegaeshi – Sokumen –  
Udekimenage – Kokyunage –  
Shihonage – Soto Kaiten Sankyo

#### **Tsuki**

Kotegaeshi – Sokumen–  
Udekimenage – Kokyunage –  
Shihonage – Soto Kaiten Sankyo

#### **Yokomen Uchi**

Kotegaeshi – Sokumen –  
Udekimenage

### **Randori**

**Shomen Uchi, Yokomen Uchi und Chudan Tsuki gegen 2 Partner**



## 4. Dan (Yondan)

**Minimum 3 Jahre nach der Prüfung des 3. Dans**

**Das bisherige Programm ... plus**

### **Ken-Tai-Ken**

**Shomen Uchi, Yokomen Uchi und Tsuki: Jyu Waza**

### **Jo-Tai-Jo**

**Shomen Uchi, Yokomen Uchi und Tsuki: Jyu Waza**

### **Futari Dori**

**Jyu Waza**

### **Randori**

**Shomen Uchi, Yokomen Uchi und Chudan Tsuki gegen 3 Partner**