

6 KYU

TACHI WAZA

Kiawase - Shomen Uchi

Iriminage
Kotegaeshi

Katatedori Aihanmi

Ikkyo (Omote + Ura)

Katatedori
Gyakuhanmi

Shihoonage (Omote + Ura)

Ryotedori

Tenchinage
Genkeikokyunage

5 KYU

TACHI WAZA

Kiawase - Shomen Uchi

Ikkyo (Omote + Ura)

Katatedori Aihanmi

Ikkyo (Omote + Ura)
Nikyo (Omote + Ura)
Iriminage
Kotegaeshi

Katatedori
Gyakuhanmi

Shihoonage (Omote + Ura)
Tenchinage
Genkeikokyunage
Uchikaitennage
Sotokaitennage

Kiawase - Shomen Uchi

Iriminage
Kotegaeshi
Sumiotoshi
Uchikaitennage

Ryotedori

Shihoonage (Omote + Ura)
Techinage
Genkeikokyunage

Chudan Tsuki

Ikkyo
Kotegaeshi

4 KYU

SUWARI WAZA

Kiawase - Shomen Uchi

Ikkyo (Omote + Ura)

TACHI WAZA

Kiawase - Shomen Uchi

Ikkyo (Omote + Ura)
Nikyo (Omote + Ura)

Ryotedori

Shihoonage (Omote + Ura)
Udekimenage
Kiritoshi (Chinshin)
Tenchinage
Genkeikokyunage

Katatedori Aihanmi

Shihoonage (Omote + Ura)
Iriminage
Kotegaeshi
Udekimenage
Uchikaitennage

Katatedori
Gyakuhanmi

Ikkyo (Omote + Ura)
Kotegaeshi
Iriminage

Yokomen Uchi

Shihoonage
Iriminage

Katadori Menuchi

Kotegaeshi
Shihoonage

Ushiro Ryotedori

Kotegaeshi
Iriminage

3 KYU

SUWARI WAZA

Kiawase - Shomen Uchi

Iriminage	(Nage + Osae)
Kotegaeshi	" "
Ikkyo	" "

TACHI WAZA

Shomen Uchi

(1) Sumiotoshi Aikigoshi Aikiotoshi (Maeotoshi)
(2) Kotegaeshi Iriminage Shihoonage

Chudan Tsuki

Kotegaeshi

Katatedori Aihanmi

(1) Ikkyo bis Yonkyo (Tenshinsabaki)
(2) Jiyuwaza

USHIRO WAZA

Ushiro Ryotedori

Ikkyo (Omote)
Nikyo (Ura)
Sankyo (Omote)
Kokyunage

TACHI WAZA

Katateriyotedori

Genkei Kokyunage

SANKYO UND UCHIKAITEN SANKYO

Shomen Uchi

Sankyo Uchikaiten Sankyo

Katatedori Aihanmi

Sankyo Uchikaiten Sankyo

Katatedori
Gyakuhanmi

Sankyo Uchikaiten Sankyo

HANMI HANTACHI WAZA

Katatedori Gyakuhanmi

Shihoonage

TACHI WAZA

Yokomen Uchi

Shihoonage (Kakari Geiko)

2 KYU

TACHI WAZA

Kiawase - Shomen Uchi

Ikkyo bis Gokyo (Omote + Ura)

Chudan Tzuki

(1) Kotegaeshi / Hijikime Osae

(2) Iriminage / Kiriotoshi

(3) Sotokaiten Nage / Udegarami Osae

Shomen Uchi

Aikiotoshi (Maeotoshi - Ushirootoshi)

NIKYO UND HIJIKIME OSAE

Shomen Uchi

(1) Nikyo (Omote + Ura)

(2) Ude Garami

Mune Tori (Rio Eri Tori)

Hijikime Osae

Katate Tori Gyaku Hanmi

(1) Udegarami (Nikyo Osae + Sankyo Osae)

(2) Jiyu Waza

USHIRO WAZA

Ushiro Ryokata Tori

Kokyunage (Tate Ichimonji - Yoko Ichimonji)

Ushiro Ryote Tori
(Hiji tori)

(1) Iriminage / Kotegaeshi / Shihoonage /
Jyujigarami

(2) Ikkyo / Nikyo / Sankyo / Yonkyo

(3) Etc.

TACHI WAZA

Katate Ryote Tori

(1) Genkel Kokyunage
Maeotoshi (Kokyunage)
Hikiotoshi " "
Kiriotoshi " "
Kaitenotoshi " "

(2) Jo Sabaki (mit Jo)

(3) Jiyu Waza (Ohne Jo)

Ryote Tori

(1) Tenchinage / Genkel Kokyunage (Kigata)

(2) Kokyunage (Verschiedene)

Yokomen Uchi

(1) Ikkyo (Omote + Ura) / Kotegaeshi
Iriminage / Uchikaiten Sankyo
(Hakobi Ashi) + (Irimitenkan Ashi)

(2) Hurizuki Kokyunage (Kigata)
Zanto Kokyunage " "

SUWARI WAZA

Kata Tori

Jiyu Waza

Ryote Tori

Kokyu Ho (mit Furikaburi)

1 KYU

TACHI WAZA

Shomen Uchi

Ikkyo bis Gokyo (Omote + Ura)

Kiawase Shomen Uchi

- (1) Furizuki Kokyunage (Tan Ren) *from base*
Zanto Kokyunage " "
- (2) Koshi Nage (Ikkyo Kuzushi)
- I. Ikkyo Goshi
II. Nikyo Goshi
III. Sankyo Goshi
IV. Yonkyo Goshi
- (3) Aiki Otoshi
Gyaku Aiki Otoshi

Ryo Eri Tori

Kaiten Otoshi (Verschiedene)

Mune Tori

I. Tan Ren

II. Tenshin Sabaki /
Irimi Tenkan Sabaki

- (1) Shihoonage
Uchikaiten Sankyo
- (2) Iriminage
Genkei Kokyunage
- (3) Etc.

Kata Tori Menuchi

- (1) Iriminage - Kotegaeshi - Shihoonage -
Ikkyo
- (2) Etc.

USHIRO WAZA

Ushiro Ryo Katatori

Jiyu Waza

IKKYO UND JYUJI GARAMI

Katate Ryote Tori

Ushiro Ryote Tori

Katate Tori
Aihanmi & Gyakuhanmi

Katate Tori
Aihanmi & Gyakuhanmi

Ryote Tori

Yokomen Uchi

- (1) Ikkyo (Verschiedene) - Jyuji Garami
- (2) Jyuji Garami - Gokyo Osae
- (3) Jyuji Garami - Koshinage - Gokyo Osae

- (1) Ukenagashi - Kokyunage (Kigata)
- (2) Ukenagashi - Kokyunage (Mit Bokken)

Jiyu Waza (Kakari Geiko)

- (1) Seoi Guruma (Mit Sankaku Tai)
Te Guruma " "
- (2) Jiyu Waza

HANMI HANTACHI WAZA

Ryote Tori
(Ryo Kata Tori)

Jiyu Waza

1 DAN

SUWARI WAZA

Shomen Uchi - Kiawase

(1) Ikkyo bis Gokyo (2) Jiyu Waza

TACHI WAZA

Shomen Uchi

(1) Seoi Guruma - Koshi Guruma - Te Guruma
(mit Hitoemi Sabaki)

(2) Jiyu Waza (Kakari Geiko)

YONKYO UND UDEKIMENAGE

Ryote Tori

(1) Shihoonage Yonkyo Osae
Jyuji Musubi - Tekubi Gaeshi

Ushireo Ryote Tori

(2) Shihoonage Karami Osae

Chudan Tzuki
Renraku Henka Waza

(3) Udekimenage - Yonkyo
- Gyaku Hijikime Osae

Udekimenage - Yonkyo
- Soto Udegarami Osae

Mae Geri

Kokyunage

Chudan Tzuki

Jiyu Waza (Kakari Geiko)

Ryo Eri Tori

Jiyu Waza

Katatori Menuchi

Jiyu Waza

USHIRO WAZA

Ushiro Ryote Tori

Jiyu Waza

Ushiro Ryote Hikiage

(1) Kotegaeshi (2) Etc.

Ushiro Kubijime

(1) Shihoonage / Sankyo (2) Etc.

TACHI WAZA

Katate Ryote Tori

(1) Jiyu Waza
(2) Futari Dori I. Kokyu Taoshi
II. Shihoonage

Katate Tori Aihanmi

Ikkyo (mit Bokken - Verschiedene)

Katate Tori Gyakuhanmi

(1) Kubi Jime (Ura Jyujikiri)

(2) Kokyunage (Shin Ken)

Yokomen Uchi

(1) Ikkyo bis Gokyo (Hakobi Ashi Sabaki)

(2) Jiyu Waza (Irimitenkan Sabaki)
(Kakari Geiko)

Tanto

Tanto Tori