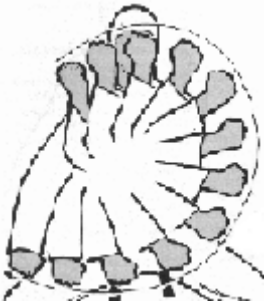
9. Kyu (Weiß

1. Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mae-Geri (Zenkutsu Dachi)
3. Age Uke / Chudan Gyaku-Zuki (Sanchin Dachi)
4. Yoko Uke / Jodan Gyaku-Zuki (Sanchin Dachi)

Zenkutsu Dachi

Sanchin Dachi



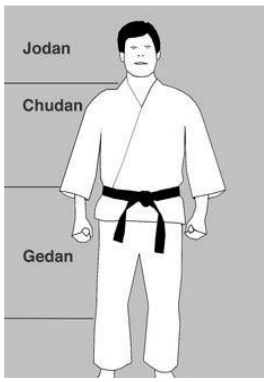
Haraiotoshi Uke

Age Uke

Yoko Uke

Chudan Gyaku Zuki

Mae-Geri



Jodan-Bereich: obere Angriffsstufe, umfasst Hals und Kopf

Chudan-Bereich: mittlere Angriffsstufe, reicht vom Hals abwärts bis zur Gürtellinie

Gedan-Bereich: untere Angriffsstufe, Gürtellinie abwärts bis zu den Knien.

Bemerkungen: .....
.....
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.....

8. Kyu (Gelb)

1. Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri (Zenkutsu Dachi)
3. Jodan Oi-Zuki / Chudan Gyaku-Zuki (Zenkutsu Dachi)
4. Chudan Soto-Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
5. Age Uke / Chudan Gyaku-Zuki (Sanchin Dachi)
6. Yoko Uke / Jodan Gyaku-Zuki (Sanchin Dachi)

Kata

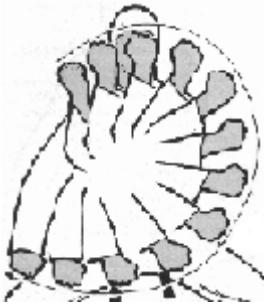
Taikyoku (welche ist dem Dojo überlassen)

Kumite

Kihon-Ippon-Kumite

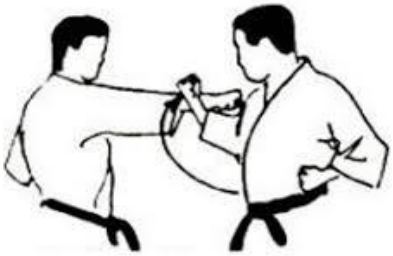
Zenkutsu Dachi

Sanchin Dachi



Haraiotoshi Uke

Age Uke



Yoko Uke

Soto-Uke

Chudan Gyaku Zuki

Oi- Zuki

Mawashi-Geri

7. Kyu (Orange)

1. Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Jodan Oi-Zuki / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Chudan Soto-Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)
4. Gedan Kansetsu-Geri (Sanchin Dachi)
5. Age Uke / Chudan Gyaku-Zuki (Sanchin Dachi)
6. Yoko Uke / Jodan Gyaku-Zuki (Sanchin Dachi)

Kata

Taikyoku (welche ist dem Dojo überlassen)

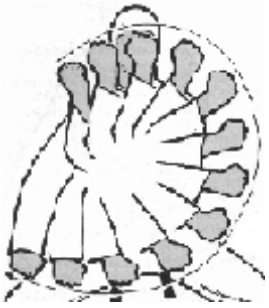
Gekisai Dai Ichi

Kumite

Kihon-Ippon-Kumite

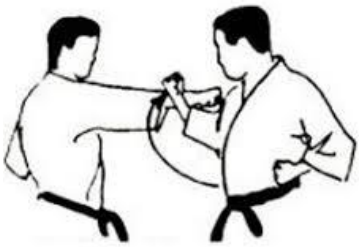
Zenkutsu Dachi

Sanchin Dachi



Haraiotoshi Uke

Age Uke



Yoko Uke

Soto-Uke

Gyaku Zuki

Oi- Zuki

Kansetsu-Geri

6. Kyu (Grün)

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Age Uke / Chudan Gyaku-Zuki / Chudan Mae-Geri (Zenkutsu Dachi)
4. Yoko Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Kake Uke / Chudan Mae-Geri (Nekoashi Dashi rechts, links)

Kata
Gekisai Dai Ichi
Gekisai Dai Ni

Kumite
Jiyu-Ippon-Kumite / Jiyu Kumite

Yakusoku-Kumite
Kumite-Ura (3)
Nage-Waza (3)

Zenkutsu Dachi

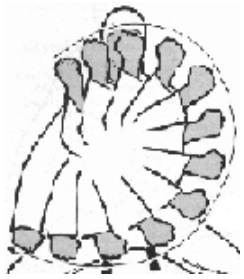
Sanchin Dachi

Nekoashi Dachi

Shiko Dachi

Yoko Uke

Age-Uke



Haraiotoshi Uke

Kake Uke

Oi- Zuki

Gyaku Zuki

Mae-Geri

Mawashi-Geri

5. Kyu Blau I

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Age Uke / Chudan Gyaku-Zuki / Chudan Mae-Geri (Zenkutsu Dachi)
4. Yoko Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Kake Uke / Chudan Mae-Geri (Nekoashi Dashi rechts, links)

Kata	Kumite	Yakusoku-Kumite
Gekisai Dai Ni	Jiyu-Ippon-Kumite / Jiyu Kumite	Kumite-Ura (3)
Saifa		Nage-Waza (3)

Zenkutsu Dachi

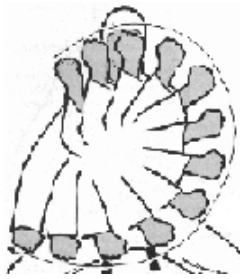
Sanchin Dachi

Nekoashi Dachi

Shiko Dachi

Yoko Uke

Age-Uke

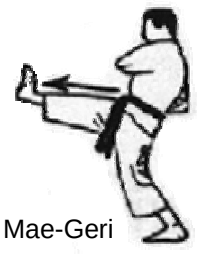


Haraiotoshi Uke

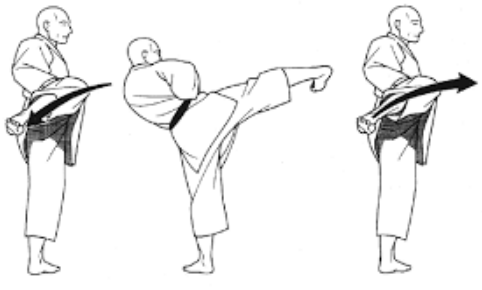
Kake Uke

Oi- Zuki

Gyaku Zuki



Mae-Geri



Mawashi-Geri

4. Kyu Blau II

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Chudan Mawashi-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
3. Age Uke / Chudan Gyaku Zuki / Chudan Mae-Geri (Zenkutsu Dachi)
4. Yoko Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Kake Uke / Chudan Mae-Geri (Nekoashi Dashi rechts, links)

<u>Kata</u>
Saifa
Seienchin

<u>Kumite</u>
Jiyu-Ippon-Kumite / Jiyu Kumite

<u>Yakusoku-Kumite</u>
Kumite-Ura (3)
Nage-Waza (3)

Zenkutsu Dachi

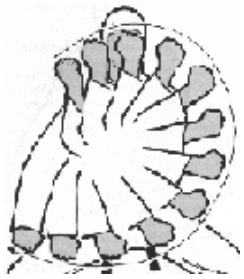
Sanchin Dachi

Nekoashi Dachi

Shiko Dachi

Yoko Uke

Age-Uke



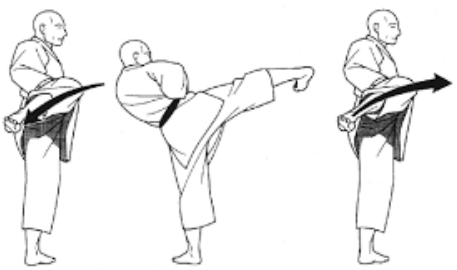
Haraiotoshi Uke

Kake Uke

Oi- Zuki

Gyaku Zuki

Mae-Geri



Mawashi-Geri

3. Kyu Braungurt I

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Jodan Kizami-Zuki / Chudan Gyaku-Zuki (Suri-Ashi Dachi / Zenkusu Dachi)
3. Chudan Soto-Uke / Jodan Uraken Uchi (Sanchin Dachi)
4. Kake Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Shuto Uke / Gedan Kansetsu Geri (Nekoashi Dashi rechts, links)

Kata	Kata Bunkai	Shiai-Kumite	Yakusoku-Kumite
Seeinchin	Gekisai Ichi	Jiyu-Ippon-Kumite /	Kumite-Ura (3)
Tensho		Jiyu Kumite	Nage-Waza (3)

Goshin-Jitzu-Kumite - Abwehr gegen Halten, Würgen, Stoßen

Zenkutsu Dachi

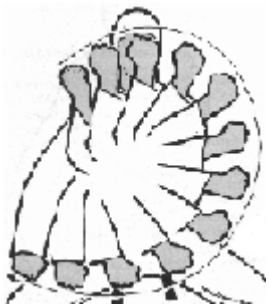
Sanchin Dachi

Nekoashi Dachi

Shiko Dachi

Suri-Ashi Dachi

Soto-Uke



Haraiotoshi Uke

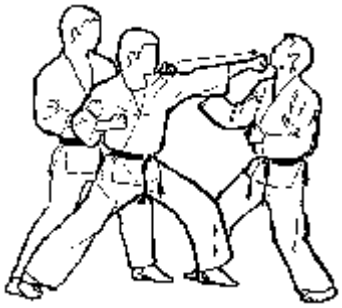
Kake Uke

Shuto-Uke

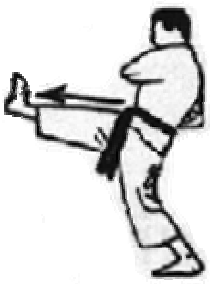
Gyaku-Zuki

Oi- Zuki

Uraken-Uchi



Kizami-Zuki



Mae-Geri

Kansetsu-Geri

<u>Goshin-Jitzu-Kumite (Freie Abwehr gegen Halten, Stoßen und Würgen):</u> Hier soll der Prüfling zeigen, dass er in der Lage ist, auf den Angriff entsprechen zu reagieren.
Angriffe und Abwehrtechniken sind dem Prüfling bzw. seinem Partner freigestellt.

2. Kyu Braungurt II

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Jodan Kizami-Zuki / Chudan Gyaku-Zuki (Suri-Ashi Dachi / Zenkutsu Dachi)
3. Chudan Soto-Uke / Jodan Uraken Uchi (Sanchin Dachi)
4. Kake Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Shuto Uke / Gedan Kansetsu Geri (Nekoashi Dashi rechts, links)

Kata	Kata Bunkai	Shiai-Kumite	Yakusoku-Kumite
Tensho	Gekisai Ni	Jiyu-Ippon-Kumite /	Kumite-Ura (3)
Sanseru		Jiyu Kumite	Nage-Waza (3)

Goshin-Jitzu-Kumite - Abwehr gegen Halten, Würgen, Stoßen

Zenkutsu Dachi

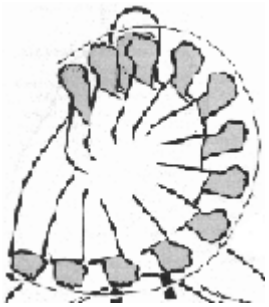
Sanchin Dachi

Nekoashi Dachi

Shiko Dachi

Suri-Ashi Dachi

Soto-Uke



Haraiotoshi Uke

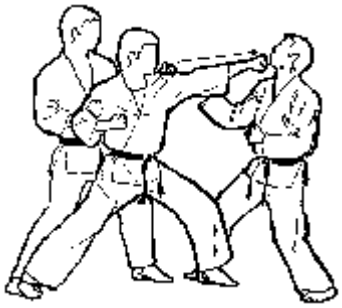
Kake Uke

Shuto-Uke

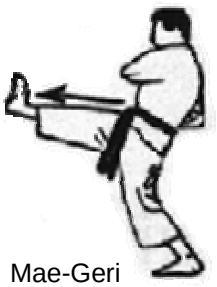
Gyaku-Zuki

Oi- Zuki

Uraken-Uchi



Kizami-Zuki



Mae-Geri

Kansetsu-Geri

<u>Goshin-Jitzu-Kumite (Freie Abwehr gegen Halten, Stoßen und Würgen):</u> Hier soll der Prüfling zeigen, dass er in der Lage ist, auf den Angriff entsprechen zu reagieren.
Angriffe und Abwehrtechniken sind dem Prüfling bzw. seinem Partner freigestellt.

1. Kyu Braungurt III

1. Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)
2. Jodan Kizami-Zuki / Chudan Gyaku-Zuki (Suri-Ashi Dachi / Zenkutsu Dachi)
3. Chudan Soto-Uke / Jodan Uraken Uchi (Sanchin Dachi)
4. Kake Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)
5. Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)
6. Shuto Uke / Gedan Kansetsu Geri (Nekoashi Dashi rechts, links)

Kata
Sanseru
Sanchin
(männl. Prüflinge mit freiem Oberkörper)

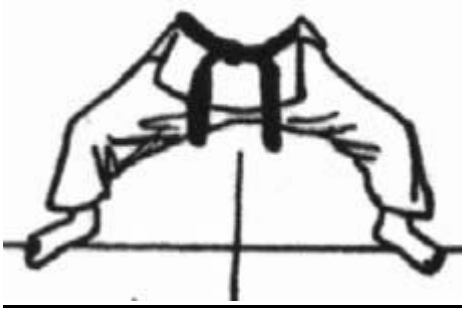
Kata Bunkai	Shiai-Kumite	Yakusoku-Kumite
Gekisai Ichi oder Ni	Jiyu-Ippon-Kumite / Jiyu Kumite	Kumite-Ura (3) Nage-Waza (3)

Goshin-Jitzu-Kumite - A bwehr gegen Halten, Würgen, Stoßen

Zenkutsu Dachi

Sanchin Dachi

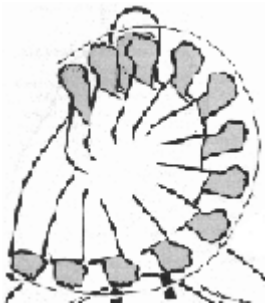
Nekoashi Dachi



Shiko Dachi

Suri-Ashi Dachi

Soto-Uke



Haraiotoshi Uke

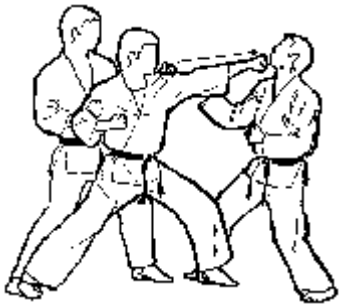
Kake Uke

Shuto-Uke

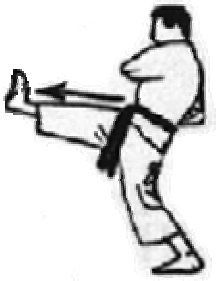
Gyaku-Zuki

Oi- Zuki

Uraken-Uchi



Kizami-Zuki



Mae-Geri

Kansetsu-Geri

<u>Goshin-Jitzu-Kumite (Freie Abwehr gegen Halten, Stoßen und Würgen):</u> Hier soll der Prüfling zeigen, dass er in der Lage ist, auf den Angriff entsprechen zu reagieren.
Angriffe und Abwehrtechniken sind dem Prüfling bzw. seinem Partner freigestellt.