

Prüfungsinhalte

		Angriffsarten																
		Katate-tori	Ryote-tori	Katate-ryote-tori	Mune-tori	Yoko-kubi-shime	Ushiro-ryokata-tori	Ushiro-kakae-tori	Ushiro-ryote-tori	Ushiro-eri-tori	Ushiro-katate-tori-kibu-shime	Ushiro-kubi-shime	Yokomen-uchi	Shomen-uchi	Shomen-tsuki	Kubi-shime / Yokomen-uchi		
Verteidigungstechniken	Shiho-nage	5	5	5	5				4				4					
	Kaiten-nage (uchi)	4											4	4	4			
	Irimi-nage	4	4	4					3				3	3	3			
	Kaiten-nage (soto)	3												3	3			
	Aiki-otoshi					2	2	2										
	Koshi-nage		2		2	2					2	2	2	2	2			
	Kote-gaeshi	1	1	1					1				1	1	1			
	Koshi-nage-hiji-garami								1									
	Koshi-nage-kote-hineri	1							1									
	Juji-garami								1		1							
	Tenchi-nage		1.D		1.D					1.D			1.D	1.D	1.D			
	Sumi-otoshi	1.D	1.D															
	Kokyo-nage		1.D	1.D			1.D	1.D			1.D		1.D	1.D				
	Katame-waza	Ude-osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4		
Kote-mawashi (nikyo)		3	3	3	3		3		3	3	3		3	3	3			
Kote-hineri (sankyo)		2	2	2	2		2		2	2	2		2	2	2			
Tekubi-osae (yonkyo)		1	1	1	1		1		1	1	1		1	1	1			
Ude-nobashi (gokyo)		1											1					