

• 5. Kyu

Tachiwaza (im Stehen):

Shomen uchi	Ikkyo	omote & ura
Katatedori	Shihonage	omote & ura
Shomenuchi	Iriminage	
Katatedori	Kaitennage	uchi & soto

• 4. Kyu

Tachiwaza (im Stehen):

Katatedori	Nikyo	omote & ura
Shomenuchi	Nikyo	omote & ura
Ryotedori	Shihonage	omote & ura
Munadori	Kotegaeshi	

Bukiwaza (Waffen):

Bokken	Suburi 1 & 2
Jo	Roku no Jo

• 3. Kyu

Suwariwaza (im Knien):

Shomenuchi	Ikkyo	omote & ura
Shomenuchi	Nikyo	omote & ura
Shomenuchi	Sankyo	omote & ura
Shomenuchi	Yonkyo	omote & ura

Tachiwaza (im Stehen):

Yokomenuchi	Shihonage
Katadori	Iriminage
Ryotedori	Tenchinage
Ryokatadori	Kokyunage
Shomenuchi	Koshinage

Bukiwaza (Waffen):

Bokken	7 Suburi
Jo	31 Jo-Kata

• 2. Kyu

Tachiwaza (im Stehen):

Katadori	Ikkyo	omote & ura
Katadori	Nikyo	omote & ura
Katadori	Sankyo	omote & ura
Katadori	Yonkyo	omote & ura
Yokomenuchi	Iriminage- Kihon	
Katatedori	Kotegaeshi	
Morotedori	Koshinage	
Ryotedori	Koshinage	
Ushiroryotedori	Jujinage	
Shomenuchi	Shihonage	omote
Ushiro Eridori	Kokyunage	

Hanmihandachiwaza:

Kaitennage	uchi & soto
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Bukiwaza (Waffen):

Bokken	Migi no Awase
	Hidari no Awase
Jo	31 Kumijo: 1-3, 4-6, 9-11, 13-17 (langsames Awase)

• 1. Kyu

Suwariwaza (im Knien):

Shomenuchi	Ikkyo	omote & ura
Shomenuchi	Nikyo	omote & ura
Shomenuchi	Sankyo	omote & ura
Shomenuchi	Yonkyo	omote & ura
Shomenuchi	Gokyo	ura

Tachiwaza (im Stehen):

(Techniken nach Wahl, dürfen sich jedoch nicht wiederholen)

2 Shihonage	2 Kaitennage	2 Tachidori
2 Iriminage	1 Tenchinage	2 Jodori
2 Kokyunage	2 Jujinage	2 Tankendori
2 Koshinage	2 Ushirowaza	
2 Kotegaeshi	2 Hanmihandachiwaza	

Bukiwaza (Waffen):

Bokken	Kumitachi 1 – 3
Jo	20 Suburi
	31 Kumijo: 1-3, 4-6, 9-11, 13-17, 18-22, 22-27, 27-31 (awase)

Jiyuwaza:

Ichiningeki (freier Angriff von einer Person und freie Verteidigung)