

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

**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)