

Prüfungsprogramm 1. Dan

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|-----------------------|---------|--------------------------------------|---|
| SUWARIWAZA | | | |
| Shomenuchi Kiawase | 1 | Ikkyo bis Yonkyo Omote/Ura | |
| | 2 | Jiyuwaza | |
| TACHIWAZA | | | |
| Shomenuchi Kiawase | 3 | Iriminage und Tenchinage (Variation) | |
| | 4 | Kotegaeshi | Basis und Variation, fallen |
| | 5 | Aikigoshi | Basis und Variation, Hikitsuke |
| | 6 | Sumiotoshi | Basis und Variation |
| | 7 | Udegarami | Nageosae |
| Shomenuchi | 8 | Jiyuwaza | |
| Katatetori Aihanmi | 9 | Ikkyo | 1. Ushiroashi Irimi Tenkan Tenshin: Ura 2. Tenkan Tenshin: Omote |
| Katatetori Gyakuhanmi | 10 | Ikkyo | 1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Tenkan Tenshin: Ura |
| Katatetori Aihanmi | 11 | Iriminage und Kotegaeshi | Tenkan Tenshin Sabaki |
| Katatetori Gyakuhanmi | 12 | Iriminage und Kotegaeshi | Jodan Sabaki |
| Katatetori Aihanmi | 13 | Jiyuwaza | |
| Katatetori Gyakuhanmi | 14 | Jiyuwaza | |
| Ryotetori | 15 | Kokyunage | 1. Nentenmakiotoshi 2. Makiotoshi 3. Andere |
| Ryo Eritori | 16 | Kokyunage | Taninzutori |
| Katate Ryotetori | 17 | Shihonage | 1. Tanren, Tenkan Tenshin Sabaki: 1. Jyujimusubi 2. Tekubigaeshi 2. Karamiosae, Tenkan Tenshin Sabaki: 1. Kamihanen Sa. 2. Shimohanen Sa. (Tori: Stellung immer rechts oder immer links vorne, Technik auf beiden Seiten) |
| | 18 | Jiyuwaza | |
| Ushiro Ryotetori | 19 | Chinshin Kokyunage | |
| | 20 | Koshinage | |
| | 21 | Kotegaeshi | Verschiedene |
| | 22 | Jiyuwaza | |
| Katatori Menuchi | 23 | Ikkyo | 1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura 3. Tenkan Tenshin Uchinote: Omote 4. Tenkan Tenshin Katanote: Omote |
| | 24 | Jiyuwaza | Tenkan Tenshin Sabaki |
| Chudantsuki | 25 | Uchikaitensankyo | Ura Sabaki |
| | 26 | Shihonage | Omote Sabaki |
| | 27 | Jiyuwaza | |
| Yokomenuchi | 28 | Teguruma | |
| | 29 | Shihonage | 1. Tori: Maeashi Tenkan, Mikiri Sabaki, dann Ushiroashi Irimi Tenkan 2. Uke: Angriff rechts-links oder rechts-rechts (Gyaku-Yokomenuchi) |
| | 30 | Kotegaeshi | |
| | 31 A | Ikkyo bis Gokyo | 1. Ushiroashi Irimi Tenkan, Tatakiotoshi: Omote 2. Maeashi Irimi Irimi, Tatakiotoshi: Ura |
| | ODER: | | |
| Shomenuchi | 31 B | Ikkyo bis Gokyo | 1. Maeashi Irimi: Omote 2. Ushiroashi Irimi Tenkan: Ura |
| Tanto | 32 | Tantotori | |