

Kyu	Tage	Technik	Angriff	Katate dori	Gyakute dori	Ryotedori	Morotedori	Munadori	Katadori	Ryokata dori	Katadori menuchi	Shomenuchi	Yokomenuchi	Tsuki	Ushiro ryotedori	Ushiro ryokata dori	Ushiro eri dori	Ushiro kubishime
6.Kyu 25 Tachi waza																		
		Tainohenko		x														
		Kokiunage					x											
		Ikkyo o/u kihon		x														
		Shihonage o/u kihon		x														
Suvari waza																		
		Kokiuho				x												
		5 Grundschrutte/Ukemi & Shikko vw/rw																
		Ken 1.-3. Suburi																
		Jo Roku no jo kata																
		Jyuwaza frei 1 Person																
5.Kyu 50 Tachi waza																		
		Ikkyo o/u kihon										x						
		Iriminage kihon										x						
		Tenchinage kihon				x												
		Rolle über Bein auf Knien																
		Ken 4. Suburi																
		Jo 1.-5. Suburi																
4. Kyu 60 Tachi waza																		
		Nikkyo o/u kihon		x														
		Kotegaeshi kihon		x														
		Kotegaeshi kinonagare												x				
		Shihonage			x							x						
Suvari waza																		
		Ikkio o/u										x						
		Ken 5. Suburi																
		Jo Sanjuichi no kata																
3. Kyu 80 Tachi waza																		
		Sankyo o/u		x														
		Kotegaeshi kihon									x							
		Shihonage o/u											x					
		Iriminage kihon											x					
		Kaiten nage (uchi)		x														
Suvari waza																		
		Nikkyo o/u kihon										x						
		Ken 6./7. Suburi																
		Jo 6.-10. Suburi																
2. Kyu 100 Tachi waza																		
		Yonkyo o/u		x														
		Iriminage kihon									x							
		Iriminage kinonagare					x						x					
		Kotegaeshi kihon			x							x						
		Koshinage kihon		x								x						
		Ikkyo o/u kihon														x		
		Kokyu nage kihon														x		
Suvari waza																		
		Sankyo o/u										x						
		Ken Migi, Hidari, 5./7. awaze																
		Jo 11.-20. Suburi																
		Jyuwaza frei 2 Personen																

Kyu	Tage	Technik	Angriff	Katate dori	Gyakute dori	Ryotedori	Morotedori	Munadori	Katadori	Ryokata dori	Katadori menuchi	Shomenuchi	Yokomenuchi	Tsuki	Ushiro ryotedori	Ushiro ryokata dori	Ushiro eri dori	Ushiro kubishime
1. Kyu	150	Tachi waza																
		3 Techniken kihon/kinonagare									x							
		3 Techniken kihon/kinonagare										x						
		3 Techniken kihon/kinonagare											x					
		3 Techniken kinonagare												x				
		3 Techniken kihon/kinonagare					x											
		3 Techniken kihon/kinonagare													x			
		3 Techniken kihon/kinonagare														x		
		Shihonage kihon/kinonagare		3 Angriffe														
		Iriminage kihon/kinonagare		3 Angriffe														
		Kaiten nage kihon/kinonagare		3 Angriffe														
		Kotegaeshi kihon/kinonagare		3 Angriffe														
		Koshinage kihon		3 Angriffe														
		Kokyū nage kihon/kinonagare		3 Angriffe														
		Juuji nage kihon		3 Angriffe														
		ikkū - yonkio kihon/kinonagare		3 Angriffe														
		Hamni handachi																
		Shihonage kihon		x		x												
		Iriminage kinonagare										x						
		Kotegaeshi kinonagare												x				
		Kaitennage kihon		x														
		5 Techniken kinonagare																Ushiro waza
		Suwari waza																
		Ikkio-Yonkio o/u											x					
		Buki dori																
		Jo dori																
		Tachi dori																
		Tanto dori																
		Ken 1./2. kumitachi																
		Jo 1./2. kumijo																
		Jyuwaza frei 3 Personen																