



3. Kyu:
Shokyushinsa Kamoku
Braungurt-1

1. Migi-hanmi no kamae
2. Hidari-hanmi no kamae

Kihon Dosa **mit** Partner

4. Tai no henko 1
5. Tai no henko 2
6. Hiriki no yosei 1
7. Hiriki no yosei 2
8. Shumatsu dosa 1
9. Shumatsu dosa 2

10. Katate-mochi nikajo osae 2
11. Suwari waza yokomen-uchi sankajo osae 2
12. Shomen-uchi kote-gaeshi 1

13. **Shitei waza**
14. **Shitei waza**
15. **Shitei waza**

16. **Buki waza:** Happo Giri ("Acht-Richtungsschlag")

Shitei waza:

Katate-mochi shiho-nage 1/2
Ryote-mochi shiho-nage 1/2
Yokomen-uchi shiho-nage 1/2

Shomen-uchi ikkajo osae 1/2
Yokomen-uchi ikkajo osae 1/2
Kata-mochi ikkajo osae 1/2
Ushiro waza ryote-mochi ikkajo osae 1/2

Katate-mochi nikajo osae 1/2
Kata-mochi nikajo osae 1/2
Shomen-uchi nikajo osae 1/2

Shomen-uchi sankajo osae 1/2
Ushiro waza ryote-mochi sankajo osae 1/2

Shomen-uchi yonkajo osae 1/2
Yokomen-uchi yonkajo osae 1/2

Katate-mochi sokumen irimi-nage 1/2
Kata-mochi sokumen irimi-nage 1/2

Shomen-uchi shomen irimi-nage 1/2
Yokomen-uchi shomen irimi-nage 1/2

Shomen-uchi hiji-shime 1/2
Yokomen-uchi hiji-shime 1/2
Kata-mochi hiji-shime 1/2
Mune-mochi hiji-shime 1/2

Shomen-uchi kote-gaeshi 1/2
Yokomen-uchi kote-gaesh 1/2

Ryote-mochi tenchi-nage 1

Suwari waza ryote-mochi kokyu-ho 1/2



2. Kyu:
Shokyushinsa Kamoku
Braungurt-2

1. Migi-hanmi no kamae
2. Hidari-hanmi no kamae

Kihon Dosa **mit** Partner

4. Tai no henko 1
5. Tai no henko 2
6. Hiriki no yosei 1
7. Hiriki no yosei 2
8. Shumatsu dosa 1
9. Shumatsu dosa 2

10. Katate-mochi nikajo osae 2
11. Suwari waza yokomen-uchi sankajo osae 2
12. Shomen-uchi kote-gaeshi 1

13. **Shitei waza**
14. **Shitei waza**
15. **Shitei waza**

16. **Buki waza:** Hasshu Giri ("Acht verschiedene Schnitte")

Shitei waza: ° Techniken auch Suwari waza.

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| Katate-mochi shiho-nage 1/2 | Katate-mochi sokumen irimi-nage 1/2 |
| Ryote-mochi shiho-nage 1/2 | Kata-mochi sokumen irimi-nage 1/2 |
| Yokomen-uchi shiho-nage 1/2 | |
| ° Shomen-uchi ikkajo osae 1/2 | Shomen-uchi shomen irimi-nage 1/2 |
| ° Yokomen-uchi ikkajo osae 1/2 | Yokomen-uchi shomen irimi-nage 1/2 |
| ° Kata-mochi ikkajo osae 1/2 | |
| Ushiro waza ryote-mochi ikkajo osae 1/2 | Shomen-uchi hiji-shime 1/2 |
| | Yokomen-uchi hiji-shime 1/2 |
| | Kata-mochi hiji-shime 1/2 |
| | Mune-mochi hiji-shime 1/2 |
| ° Katate-mochi nikajo osae 1/2 | |
| Kata-mochi nikajo osae 1/2 | Shomen-uchi kote-gaeshi 1/2 |
| Shomen-uchi nikajo osae 1/2 | Yokomen-uchi kote-gaeshi 1/2 |
| ° Shomen-uchi sankajo osae 1/2 | |
| Ushiro waza ryote-mochi sankajo osae 1/2 | Ryote-mochi tenchi-nage 1 |
| | |
| ° Shomen-uchi yonkajo osae 1/2 | Suwari waza ryote-mochi kokyu-ho 1/2 |
| ° Yokomen-uchi yonkajo osae 1/2 | |



1. Kyu:
Shokyushinsa Kamoku
Braungurt-3

1. Migi-hanmi no kamae
2. Hidari-hanmi no kamae

Kihon Dosa **mit** Partner

4. Tai no henko 1
5. Tai no henko 2
6. Hiriki no yosei 1
7. Hiriki no yosei 2
8. Shumatsu dosa 1
9. Shumatsu dosa 2

10. Katate-mochi nikajo osae 2
11. Suwari waza yokomen-uchi sankajo osae 2
12. Shomen-uchi kote-gaeshi 1

13. **Shitei waza**
14. **Shitei waza**
15. **Shitei waza**

16. **Buki waza:** Ju no Kunitachi ("Zehn Grundübungen mit Partner")

Shitei waza: ° Techniken auch Suwari waza.

Katate-mochi shiho-nage 1/2
Ryote-mochi shiho-nage 1/2
Yokomen-uchi shiho-nage 1/2

- ° Shomen-uchi ikkajo osae 1/2
- ° Yokomen-uchi ikkajo osae 1/2
- ° Kata-mochi ikkajo osae 1/2
- Ushiro waza ryote-mochi ikkajo osae 1/2
- ° Katate-mochi nikajo osae 1/2
- ° Kata-mochi nikajo osae 1/2
- ° Shomen-uchi nikajo osae 1/2
- ° Shomen-uchi sankajo osae 1/2
- Ushiro waza ryote-mochi sankajo osae 1/2
- ° Shomen-uchi yonkajo osae 1/2
- ° Yokomen-uchi yonkajo osae 1/2

° Katate-mochi sokumen irimi-nage 1/2
° Kata-mochi sokumen irimi-nage 1/2

° Shomen-uchi shomen irimi-nage 1/2
° Yokomen-uchi shomen irimi-nage 1/2

° Shomen-uchi hiji-shime 1/2
° Yokomen-uchi hiji-shime 1/2
° Kata-mochi hiji-shime 1/2
° Mune-mochi hiji-shime 1/2

° Shomen-uchi kote-gaeshi 1/2
° Yokomen-uchi kote-gaeshi 1/2

° Ryote-mochi tenchi-nage 1

Suwari waza ryote-mochi kokyu-ho 1/2