

Prüfungsprogramm für Kyû - Grade

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		Angriffsarten															
		Katate-tori 1	Ryote-tori 2	Katate-ryote-tori 3	Mune-tori 4	Yoko-kubi-shime 5	Ushiro-ryokata-tori 6	Ushiro-kakae-tori 7	Ushiro-ryote-tori 8	Ushiro-eri-tori 9	Ushiro-katate-tori- kubi-shime 10	Ushiro-kubi-shime 11	Yokomen-uchi 12	Shomen-uchi 13	Shomen-tsuki 14		
1	Shiho-nage	5	5	5	5			4					4			Nage - waza	
2	Kaiten-nage-uchi	4											4	4	4		
3	Irimi-nage	4	4	3				3					3	3	3		
4	Aiki-otoshi				2	2	2				2						
5	Kaiten-nage-soto	3												3	3		
6	Koshi-nage		2		2	2	2		2	2	2	2	2	2	2		
7	Kote-gaeshi	1	1	1				1	1				1	1	1		
8	Koshi-nage-hiji-garami							1									
9	Koshi-nage-kote-hineri							1									
10	Juji-garami							1		1							
	Randori	2	2	2									1	1	1	Katame - waza	
I	Ude-osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4		
II	Kote-mawashi (nikyo)	3	3	3	3		3		3	3	3		3	3	3		
III	Kote-hineri (sankyo)	2	2	2	2		2		2	2	2		2	2	2		
IV	Tekubi-osae (yonkyo)	1	1	1	1		1		1	1	1		1	1	1		
V	Ude-nobashi (gokyo)												1				