

Prüfungsprogramm 9. - 1. Kyu

LAUFSCHULE	9	8	7	6	5	4	3	2	1
Chudan Mae-Geri (Zenkutsu Dachi)	X	X							
Haraiotoshi Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)	X	X	X						
Age Uke / Jodan Gyaku-Zuki (Sanchin Dachi)	X	X	X						
Uchi Uke / Chudan Gyaku-Zuki (Sanchin Dachi)	X	X	X						
Jodan Oi-Zuki / Chudan Gyaku-Zuki (Zenkutsu Dachi)		X	X						
Chudan Soto-Uke / Chudan Gyaku-Zuki (Zenkutsu Dachi)		X	X						
Gedan Kansetsu-Geri (Sanchin Dachi)			X						
Chudan Mawashi-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)				X	X	X			
Age Uke / Chudan Gyaku-Zuki / Chudan Mae-Geri (Zenkutsu Dachi)				X	X	X			
Uchi Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)				X	X	X			
Kake Uke / Chudan Mae-Geri (Nekoashi Dachi rechts, links)				X	X	X			
Haraiotoshi Uke / Chudan Mae-Geri / Chudan Gyaku-Zuki (Zenkutsu Dachi)				X	X	X	X	X	X
Haraiotoshi Uke / Chudan Gyaku-Zuki (Shiko Dachi)				X	X	X	X	X	X
Jodan Kizami-Zuki / Chudan Gyaku-Zuki (Suri-Ashi / Zenkutsu-Dachi)							X	X	X
Chudan Soto-Uke / Jodan Uraken-Uchi (Sanchin Dachi)							X	X	X
Kake Uke / Jodan/Chudan Ren Zuki (Sanchin Dachi)							X	X	X
Shuto Uke / Gedan Kansetsu-Geri (Nekoashi Dachi rechts, links)							X	X	X

KATA	9	8	7	6	5	4	3	2	1
Taikyoku1		X	X						
Gekisai I			X	X					
Gekisai II				X	X				
Saifa					X	X			
Seenchin						X	X		
Tensho							X	X	
Sanseru								X	X
Sanchin									X

KATA-BUNKAI	9	8	7	6	5	4	3	2	1
Gekisai I							X		X
Gekisai II								X	X

KUMITE	9	8	7	6	5	4	3	2	1
Kihon-Ippon-Kumite		X	X						
Jiyu-Ippon-Kumite / Jiyu Kumite				X	X	X	X	X	X
Kumite-Ura (3)				X	X	X	X	X	X
Nage-Waza (3)				X	X	X	X	X	X