

# PRÜFUNGSPROGRAMM FÜR KYUPRÜFUNGEN

KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>6. Kyu *)</b>					
	Suwari-Waza		Ryote Dori	Kokyu-Ho	
	Tachi-Waza	Ai-Hanmi	Katate Dori	Ikkyo	Omote
				Irimi-Nage	Omote
				Kote-Gaeshi	Omote
		Gyaku-Hanmi	Katate Dori	Tai-No-Henko	
				Kokyu-Nage	Omote
				Ukemi	Ushiro
					Mae

\*) Prüfung für USI Teilnehmer:innen nach Semesterabschluss. Vereinsmitglieder werden ab dem 5. Kyu geprüft.

KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>5. Kyu</b>					
	Suwari-Waza		Shomen Uchi	Ikkyo	Omote
				Irimi-Nage	
	Tachi-Waza	Ai-Hanmi	Katate Dori	Ikkyo	Omote
				Nikkyo	Omote
				Sankyo	Omote
				Yonkyo	Omote
		Gyaku-Hanmi	Katate Dori	Irimi-Nage	
				Kote-Gaeshi	
				Kaiten-Nage	
			Ryote Dori	Tenchi-Nage	
				Kokyu-Nage	Omote
				Shiho-Nage	Omote
	Suwari-Waza			Ukemi	Ushiro
					Mae

	Tachi-Waza			Ukemi	Yoko

KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>4. Kyu</b>					
	Suwari-Waza		Shomen Uchi	Nikkyo	Omote
				Sankyo	Omote
				Yonkyo	Omote
				Kote-Gaeshi	Omote
	Tachi-Waza	Ai-Hanmi	Katate Dori	Ikkyo	Ura
				Nikkyo	Ura
				Sankyo	Ura
				Shiho-Nage	Omote/Ura*
				Kote-Gaeshi	
				Uchi-Kaiten-Nage	
		Gyaku-Hanmi	Katate Dori	Ikkyo	Omote
				Nikkyo	Omote
				Sankyo	Omote
				Shiho-Nage	Omote/Ura*
				Kote-Gaeshi	
			Ryote Dori	Ikkyo	Omote
				Sankyo	Omote
				Shiho-Nage	Omote
				Irimi-Nage	
				Kote-Gaeshi	
			Katate Ryote Dori	Ikkyo	Omote
				Nikkyo	Omote
				Sankyo	Omote
				Kokyu-Nage	

\*) Omote/Ura können in beiden Formen oder nur in einer Form geprüft werden.

KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>3. Kyu</b>					
	Suwari-Waza		Shomen Uchi	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Shiho-Nage	Omote/Ura*
				Kote-Gaeshi	
	Hanmi-Handachi-Waza	Gyaku-Hanmi	Katate Dori	Ikkyo	Omote
				Nikkyo	Omote
				Sankyo	Omote
				Yonkyo	Omote
				Kokyu-Nage	
	Tachi-Waza	Ai-Hanmi	Katate Dori	Koshi-Nage	
				Ude-Kime-Nage	
		Gyaku-Hanmi	Katate Dori	Koshi-Nage	Omote/Ura*
				Ude-Kime-Nage	Omote/Ura*
				Sumi-Otoshi	Omote/Ura*
			Katate Ryote Dori	Ude-Kime-Nage	
				Juji-Garami	
			Shomen Uchi	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Shiho-Nage	Omote/Ura*
			Chudan Tsuki	Gokyo	Omote/Ura*
				Hijikime-Osae	
				Shiho-Nage	Omote/Ura*
				Irimi-Nage	
			Kata Dori Men Uchi	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Yonkyo	Omote/Ura*

	Waffen		Tanto Dori	Jiyu-Waza	3 Techniken
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KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>2. Kyu</b>					
	Suwari-Waza		Yokomen Uchi	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
	Hanmi-Handachi-Waza	Gyaku-Hanmi	Katate Dori	Shiho-Nage	Omote/Ura*
				Kaiten-Nage	Uchi/Soto*
				Kokyu-Nage	
			Ryote Dori	Shiho-Nage	Aufstehen
				Kokyu-Nage	
	Tachi-Waza	Ai-Hanmi	Katate Dori	Kokyu-Ho	
		Gyaku-Hanmi	Katate Dori	Kaiten-Nage	Uchi/Soto*
				Aiki-Otoshi	
				Kiri-Otoshi	
			Ryote Dori	Jiyu-Waza	
			Katate Ryote Dori	Sankyo	Omote/Ura*
				Yonkyo	Omote/Ura*
				Jiyu-Waza	
			Sode Dori	Jiyu-Waza	
			Shomen Uchi	Sumi-Otoshi	
				Shiho-Nage	Omote/Ura*
				Koshi-Nage	
				Ude-Kime-Nage	
				Kokyu-Nage	
			Chudan Tsuki	Ude-Kime-Nage	
				Kaiten-Nage	Uchi/Soto*
			Yokomen Uchi	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Yonkyo	Omote/Ura*

				Ude-Kime-Nage	
			Kata Dori Men Uchi	Irimi-Nage	
				Kote-Gaeshi	
				Shiho-Nage	Omote/Ura*
			Ushiro Ryote Dori	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Kokyu-Nage	
	Waffen		Tanto Dori	Jiyu-Waza	3 Techniken
			Jo Dori	Jiyu-Waza	3 Techniken

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\*) Uchi/Sode können in beiden Formen oder nur in einer Form geprüft werden.

KYU GRAD	GRUNDPOSITION	KÖRPERSTELLUNG	ANGRIFFSFORM	TECHNIK	RICHTUNG
<b>1. Kyu</b>					
	Suwari-Waza		Yokomen Uchi	Sankyo	Omote/Ura*
				Yonkyo	Omote/Ura*
				Shiho-Nage	Omote/Ura*
	Hanmi-Handachi-Waza		Ushiro Ryo Kata Dori	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Kokyu-Nage	
			Shomen Uchi	Ikkyo	
				Irimi-Nage	
	Tachi-Waza	Ai-Hanmi	Katate Dori	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
		Gyaku-Hanmi		Sankyo	Omote/Ura*
				Shiho-Nage	Omote/Ura*
			Katate Ryote Dori	Irimi-Nage	
				Kote-Gaeshi	
			Mune Dori	Nikkyo	Omote/Ura*
			Eri Dori	Sankyo	Omote/Ura*
				Shiho-Nage	Omote/Ura*

				Irimi-Nage	
			Chudan Tsuki	Jiyu-Waza	
			Yokomen Uchi	Irimi-Nage	
				Kote-Gaeshi	
				Sumi-Otoshi	
				Shiho-Nage	Omote/Ura*
				Kokyu-Nage	
			Ushiro Ryote Dori	Ikkyo	Omote/Ura*
				Nikkyo	Omote/Ura*
				Sankyo	Omote/Ura*
				Yonkyo	Omote/Ura*
				Irimi-Nage	
				Kote-Gaeshi	
				Shiho-Nage	Omote/Ura*
				Koshi-Nage	
				Juji-Garami	
			Ushiro Ryo Kata Dori	Kokyu-Nage	
				Sankyo	Omote/Ura*
				Jiyu-Waza	
			Ushiro Katate Dori Kubishime	Sankyo	Omote/Ura*
			Ryote Dori	Randori	3 Uke
	Waffen		Tanto Dori	Jiyu-Waza	3 Techniken
			Nage-No-Jo	Jiyu-Waza	3 Techniken
			Ken tai Ken	Jiyu-Waza	3 Techniken

\*) Omote/Ura können in beiden Formen oder nur in einer Form geprüft werden.