

## Prüfungsprogramm 2.KYU

|  |    |                         |  |
|--|----|-------------------------|--|
| <b>SUWARIWAZA</b>  |    |                         |  |
| Shomenuchi Kiawase                                       | 1  | Ikkyo Omote/Ura         |  |
|  | 2  | Sankyo Omote/Ura        |  |
|  | 3  | Kotegaeshi              | bis Osae   |
| <b>TACHIWAZA</b>   |    |                         |  |
| Shomenuchi Kiawase<br>(Uke: Maeashi Irimi<br>Shomenuchi) | 4  | Iriminage               | Basis u. Variation (Theorie Kotegaeshi)                              |
|  | 5  | Kotegaeshi              | Basis und Variation (Theorie Iriminage)                              |
|  | 6  | Sumiotoshi              | Basis und Variation  |
|  | 7  | Ikkyogoshi              | von Ikkyo Kuzushi  |
|  | 8  | Shihonage               | bis Osae   |
|  | 9  | Ikkyo Ura               | Taninzutori  |
| Katatetori Aihanmi                                       | 10 | Iriminage               | Tenkan Sabaki      Renraku-<br>von Ikkyo Kuzushi      henka-<br>Waza |
|  | 11 | Kotegaeshi              |  |
|  | 12 | Nikyo Ura – Kotegaeshi  |  |
|  | 13 | Sankyo                  |  |
| Katatetori Gyakuhanmi                                    | 14 | Sankyo                  |  |
| Ryotetori  | 15 | Kotegaeshi              | Ushiroashi Irimi Tenkan und<br>Maeashi Irimi Tenkan                  |
|  | 16 | Iriminage               |  |
| Katate Ryotetori   | 17 | Kaitenotoshi            |  |
|  | 18 | Kotegaeshi              | Tanren   |
|  | 19 | Iriminage               | Basis und Variation  |
| Ushiro Ryotetori   | 20 | Ikkyo                   |  |
|  | 21 | Nikyo                   |  |
|  | 22 | Shihonage               | Karami Osae  |
| Katatori Menuchi   | 23 | Kotegaeshi              | 2 Formen, links und rechts   |
|  | 24 | Shihonage               |  |
|  | 25 | Genkeikokyunage         |  |
| Chudantsuki  | 26 | Hijikime Osae Omote/Ura |  |
|  | 27 | Iriminage               |  |
| Yokomenuchi  | 28 | Udekimenage             | Ushiroashi Irimi Tenkan<br>Makiotoshi                                |
|  | 29 | Kotegaeshi              |  |
|  | 30 | Jiyuwaza                |  |
| Shomenuchi Kiawase                                       | 31 | Ikkyo bis Yonkyo        | 1. Maeashi Irimi: Omote 2. Ushiroashi Irimi: Ura                     |
| Chudantsuki  | 32 | Ikkyo bis Yonkyo        | Ushiroashi Irimi Tenkan Tenshin: nur Omote                           |