

5 Anhang

A. Tabelle Kyū Prüfungstechniken

	suwari waza						hanmi handachi waza				tachi waza										ushiro waza				
											mae waza														
	ai hanmi katate dori	gyaku hanmi katate dori	ryōte dori	kata dori	ryō kata dori	shōmen uchi	yokomen uchi	gyaku hanmi katate dori	ryōte dori	katate ryōte dori (morote dori)	kata dori	(mae) ryō kata dori	kata dori men uchi	muna dori	shōmen uchi	yokomen uchi	chūdan tsuki	jōdan tsuki	ushiro ryōte dori	ushiro ryō hiji dori	ushiro ryō kata dori	ushiro eri dori	ushiro katate dori kubi shime		
Stand: März, 2024	4	3		3		4	2	1		3	4		2		5	2	1	1		3	1	1	1	1	
		3		3		3	2	1		2	4		2		4	2	1	1	3						
		3		3		3	2	1			3		2		3	2	1	1	3		1				
		2				2	2	1		2			2		2	2	1	1	2		1				
						1	1								1	1									
hiji kime osae																		1							
ude garami																									
kote gaeshi						1		2		2		2			5	3	1		3			1	1		
shihō nage								3	2	2		2	1		2	3		1	2			1	1		
irimi nage	4	3				4	2			2	5	2	2		5	3	1	1	2						
sokumen irimi nage																			1	2					
tenchi nage																									
uchi kaiten nage															2		1								
soto kaiten nage								2							2		1								
ude kime nage																3			2						
koshi nage															1	1			1						
jūji garami																			1						
kokyū nage												1	2		1	1			3	1	2				
aiki otoshi																					1				
sumi otoshi																									
kokyū hō		5																							