



C. Tabelle Waffen Techniken

Stand: März 2024

	Tantō dori					Jō dori	Jō nage	Tachi dori
	chūdan tsuki	(hon-te) shōmen uchi	(gyaku-te) shōmen uchi	(hon-te) yokomen uchi	(gyaku-te) yokomen uchi	chūdan tsuki	ai hanmi ryōte dori	shōmen uchi
ikkyō – omote	x					x		
ikkyō – ura	x							
sankyō						x	x	
gokyō – ura		x	x	x	x			
uchi kaiten sankyō	x							
hiji kime osae	x	x				x		
kote gaeshi	x	x	x	x	x	x		x
shihō nage – omote				x	x	x	x	x
shihō nage – ura				x				
irimi nage	x	x	x	x	x	x		
sokumen irimi nage						x		x
ude kime nage						x		
kokyū nage (diverse)						x	x	x