

Dan Prüfungsprogramm

1. Dan (Shodan)

SUWARIWAZA	
SHOMEN UCHI	IKKYO NIKYO SANKYO YONKYO GOKYO IRIMINAGE KOTEGAESHI
HANMIHANDACHIWAZA	
KATATEDORI	IKKYO NIKYO SHIHONAGE UCHIKAITENNAGE IRIMINAGE KOTEGAESHI
TACHIWAZA	
KATADORI	IKKYO NIKYO
KATADORI SHOMEN UCHI	IKKYO SHIHONAGE UDEKIMENAGE KOTEGAESHI
RYOTE DORI	TENCHINAGE KOSHINAGE
CHUDAN TSUKI	IRIMINAGE JIYUWAZA
YOKOMEN UCHI	IKKYO SHIHONAGE JIYUWAZA
USHIROWAZA RYOTE DORI	IKKYO IRIMINAGE SHIHONAGE KOTEGAESHI
TANTO DORI	
JIYUWAZA	
JO DORI	
CHUDAN TSUKI	JIYUWAZA
JONAGEWAZA	
BOKKEN	
JIYUWAZA	
FUTARI GAKE	
JIYUWAZA	

2. Dan (Nidan)

SUWARIWAZA	
YOKOMEN UCHI	IKKYO NIKYO SANKYO YONKYO GOKYO IRIMINAGE KOTEGAESHI
HANMIHANDACHIWAZA	
KATATEDORI	IKKYO NIKYO SHIHONAGE UCHIKAITEN NAGE SOTOKAITEN NAGE IRIMINAGE KOTEGAESHI
USHIROWAZA RYOKATADORI	IKKYO SANKYO
TACHIWAZA	
SHOMEN UCHI	JIYUWAZA
KATADORI SHOMEN UCHI	IKKYO NIKYO SHIHONAGE KOTEGAESHI
RYOTEDORI	TENCHINAGE KOSHINAGE KOKYUNAGE
USHIROWAZA RYOTE DORI	JIYUWAZA
USHIROWAZA RYOKATADORI	IKKYO NIKYO SANKYO KOTEGAESHI
CHUDAN TSUKI	JIYUWAZA
TANTO DORI	
JIYUWAZA	
JO DORI	
CHUDAN TSUKI	JIYUWAZA
JONAGEWAZA	
BOKKEN	
JIYUWAZA	
FUTARI GAKE	
JIYUWAZA	