

Prüfungsrichtlinien

Jeder neue Grad der angestrebt wird, besteht zusätzlich aus den Inhalten des vorigen Grades

ATTACK:	GOKYU (50 hours)	YONKYU (80 hours)	SANKYU (100 hours)	NIKYU (150 hours)	IKKYU (200 hours)
Gyakyu hanmi Katate dori Tai no henka Kokyo ho Iriminage	Ikkyo Shiho nage Kaiten nage (uchi & soto)	Irimi nage Nikyo Sankyo Kote gaeshi Kokyu nage	Sumi otoshi koshi nage Hanmi handachi Shiho nage Kaiten nage (uchi & soto)	Hanmi handachi Uchi kaiten kata gatame Soto kaiten kata gatame Kokyu nage	Kokyu nage variations
Ai hanmi Katate dori	Ikkyo	Irimi nage Nikyo Sankyo Kotegaeshi Soto kaiten nage Shiho nage	Juji nage Yonkyo Sumi otoshi Koshi nage		
Ryote dori	Suwari waza Kokyu nage	Shiho nage Tenchi nage Kokyu nage Hanmi handachi Shiho nage	Irimi nage Kote gaeshi Koshi nage	Suwari waza Kokyu ho	Kokyu nage variations
Morote dori		Kokyu nage	Ikkyu Nikyo Irimi nage	Sankyo Yonkyo Kote gaeshi Juji nage	Ude garami Shiho nage
Kata dori (Mune/Sade Gykuhanmi)	Ikkyo Tachiwaza + Suwariwaza	Nikyo Sankyo	Yonkyo Shiho nage Kote gaeshi	Uchi kaiten kata gatame Soto kaiten kata gatame	Suwari waza Tachi waza Rokkyo Kokyu nage
Shomen uchi	Suwari waza & Tachi waza Ikkyo	Suwari waza & Tachi waza Nikkyo Sankyo	Suwari waza & Tachi waza Yonkyo Irimi nage Kote gaeshi Soto kaiten nage Shiho nage	Suwari waza & Tachi waza Sumi otoshi Gokyo Koshi nage	Hanmi handachi Irimi nage Kote gaeshi Soto kaiten nage
Yokomenuchi			Suwari waza Kokyu nage Tachi waza Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi Juji nage	Suwari waza Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kote gaeshi	Hanmi handachi Shiho nage Kote gaeshi
Tsuki			Ikkyo Nikyo Sankyo Kote gaeshi	Yonkyo Gokyo Irimi nage Sumi otoshi Koshi nage	Suwari waza Ikkyo Irimi nage Kote gaeshi
Ushiro ryote dori			Kokyu nage	Ikkyo Nikyo Sankyo Yonkyo	Kaiten nage Shiho nage Kote gaeshi Irimi nage Juji nage
Ushiro kata dori			Katate eri dori Ikkyo Ryo kata dori Kokyu nage	Katate eri dori Irimi nage Ryo kata dori Ikkyo Nikyo Sankyo Yonkyo	Kote gaeshi Shiho nage Ude garami