



Waffen

Bokken

7 Suburi

Alle Jo-Suburi

<u>TSUKI</u>	<u>UCHI KOMI</u>	<u>KATATE</u>
5.Kyu Choko tsuki Gaeshi tsuki Ushiro tsuki Tsuki-gedan-gaeshi Tsuki-jodan-gashi-uchi	4.Kyu Shomen uchikomi Renzoku uchikomi Menuchi-gedan-gaeshi Menuchi-ushiro-tsuki Gyaku-yokomen-ushiro-tsuki	4.Kyu Katate-gedan-gaeshi Katate-toma-uchi Katate-hachi-no-ji-gaeshi
<u>HASSO</u>	<u>Nagare</u>	
Hasso-gaeshi-uchi Hasso-gaeshi-tsuki Hasso-gaeshi-ushiro-tsuki Hasso-gaeshi-ushiro-uchi Hasso-gaeshi-ushiro-barai	Hidari-Nagare-gaeshi-uchi Migi-Nagare-gaeshi-tsuki	

Tachi-Waza

Alle 5 und 4.Kyu

Shomen	uchi	ikkyo bis sankyo	Alle
Katate	dori	Kaiten nage	Techniken
Katate	dori	Koshi nage	kihon
Ryote	dori	Irimi nage	omote
Ryote	dori	Tenchi nage	und
Ryote	dori	Shihonnage	ura
Ushiro ryote dori		ikkyo	
Ushiro ryote dori		Kote gaeshi	
Ushiro kata dori		Kokyu nage	
Ryote	dori	Kokyu nage	ki-no-nagare
Yokomen	uchi	Kokyu nage	ki-no-nagare

Suwari-Waza

Kokyo ho

Chudan und gedan

Jiu-Waza

4 freie Techniken