

## 6. KYU

TAISABAKI: irimi, kaiten, tenkan, irimitenkan  
UKEMI: mae, ushiro

### TACHIWAZA

KATATETORI AIHANMI

IKKYO omote,ura  
IRIMINAGE  
SHIHONAGE omote,ura  
KOTEGAESHI

SHOMENUCHI KIAWASE

IKKYO omote,ura  
KOTEGAESHI  
IRIMINAGE

KATATETORI GYAKUHANMI

TENCHINAGE - tenkan  
GENKEIKOKYUNAGE - tenkan

RYOTETORI

TENCHINAGE  
GENKEIKOKYUNAGE

## 5. KYU

SHIHOGERI  
TAISABAKI: mae ashi tenshin, ushiro ashi tenshin, tenkan tenshin, irimitenkan tenshin  
UKEMI: mae, ushiro  
SHIKKO

### TACHIWAZA

SHOMENUCHI KIAWASE

NIKYO omote,ura  
TENCHINAGE - irimitenkan  
SUMIOTOSHI – irimitenkan

KATATETORI GYAKUHANMI

IKKYO omote – irimitenkan tenshin  
IKKYO ura – tenkan tenshin  
SHIHONAGE omote,ura – irimitenkan  
KOTEGAESHI - maeashi irimi  
IRIMINAGE - maeashi irimi  
UCHIKAITENAGE omote,ura  
SOTOKAITENAGE omote,ura

CHUDANTSUKI

KOTEGAESHI  
IRIMINAGE

RYOTETORI

TENCHINAGE - tenkan, tenkan tenshin  
GENKEIKOKYUNAGE- tenkan

### SUWARIWAZA

SHOMENUCHI KIAWASE

IKKYO omote,ura

## 4. KYU

TAISABAKI: tsugiashi, okuriashi  
UKEMI

### TACHIWAZA

SHOMENUCHI KIAWASE

SANKYO omote,ura  
UCHIKAITENSANKYO omote,ura  
SOTOKAITENAGE omote,ura  
UCHIKAITENAGE omote,ura

KATATETORI AIHANMI

NIKKYO omote,ura  
UCHIKAITENAGE - irimitenkan  
UDEKIMENAGE omote,ura

KATATETORI GYAKUHANMI

KOTEGAESHI / IRIMINAGE - irimitenkan tenshin  
SHIHONAGE omote,ura - tekubigaeshi  
TENCHINAGE / GENKEIKOKYUNAGE –  
tenkan, irimitenkan tenshin

YOKOMENUCHI

SHIHONAGE omote,ura - irimitenkan  
UDEKIMENAGE omote,ura - irimitenkan  
IRIMINAGE omote,ura - irimitenkan

RYOTETORI

TENCHINAGE / GENKEIKOKYUNAGE –  
irimitenkan, irimitenkan tenshin  
SHIHONAGE omote,ura - irimitenkan chinshin

KATATERYOTETORI

UDEKIMENAGE omote,ura  
IRIMINAGE - tenkan, irimitenkan

### SUWARIWAZA

SHOMENUCHI KIAWASE

NIKKYO omote,ura

KATATETORI GYAKUHANMI

KOTEGAESHI

## 3. KYU

TAISABAKI / UKEMI – FALLEN / TORIFUNE

### TACHIWAZA

SHOMENUCHI KIAWASE

IKKYO bis YONKYO omote,ura  
SHIHONAGE omote,ura  
TENCHINAGE / SUMIOTOSHI  
UDEGARAMI  
KOSHINAGE

KATATETORI AIHANMI

SANKYO ura  
UCHIKAITENSANKYO omote,ura  
GENKEIKOKYUNAGE – irimi, tenkan, irimitenkan

KATATETORI GYAKUHANMI

IKKYO omote – irimitenkan tenshin  
IKKYO ura – tenkan tenshin  
SOTOKAITEN / UCHIKAITEN KOKYUNAGE  
SHIHONAGE omote,ura - irimitenkan - tekubigaeshi, jujimusubi  
UDEKIMENAGE omote,ura - irimitenkan-tekubigaeshi, jujimusubi

SHOMENUCHI

KOTEGAESHI - kakarigeiko  
IRIMINAGE - kakarigeiko

YOKOMENUCHI

IKKYO omote,ura - kirioroshi  
KOTEGAESHI – makiotoshi, kirioroshi  
GENKEIKOKYUNAGE – makiotoshi

RYOTETORI

TORIFUNE KOKYUNAGE – irimitenkan tenshin  
SOTOKAITEN / UCHIKAITEN KOKYUNAGE – irimitenkan tenshin  
TENCHINAGE - irimitenkan, irimitenkan tenshin  
GENKEIKOKYUNAGE - irimitenkan, irimitenkan tenshin  
SHIHONAGE omote,ura – irimitenkan chinshin

KATATERYOTETORI

KOTEGAESHI – tenkan tenshin, irimitenkan kigata  
KIRIOTOSHI  
KOKYUNAGE: MAEOTOSHI / HIKIOTOSHI

### USHIROWAZA

USHIRORYOTETORI

IKKYO omote,ura  
SHIHONAGE omote,ura - karami osae  
KOTEGAESHI omote,ura

### SUWARIWAZA

SHOMENUCHI KIAWASE

SANKYO omote,ura  
IRIMINAGE

KATATETORI AIHANMI

KOTEGAESHI – kigata

### BOKKEN / JO

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## 2. KYU

KOKYU

### TACHIWAZA

SHOMENUCHI KIAWASE

IKKYO bis YONKYO omote,ura  
IKKYO, IRIMINAGE ura - taninzutori  
KOSHINAGE: IKKYO GOSHI

KATATETORI AIHANMI

YONKYO ura  
UCHIKAITENYONKYO omote,ura  
KOSHINAGE – irimitenkan

KATATETORI GYAKUHANMI

KOTEGAESHI / IRIMINAGE – maeashi irimi, irimitenkan tenshin  
GENKEIKOKYUNAGE – tenkan, irimitenkan, irimitenkan tenshin  
KOSHINAGE – irimitenkan, tenkan tenshin  
KOKYUNAGE – irimitenkan - makiotoshi

KATATORI

IKKYO omote,ura – maeashi irimi

KATATORI MENUCHI

TENCHINAGE - verschiedene  
IRIMINAGE - verschiedene

YOKOMENUCHI

NIKKYO / SANKYO omote,ura - kirioroshi  
KOTEGAESHI / IRIMINAGE – makiotoshi  
UDEKIMENAGE - makiotoshi  
TENCHINAGE - makiotoshi

RYOTETORI

TENCHINAGE –  
tenkan, tenkan tenshin, irimitenkan, irimitenkan tenshin  
GENKEIKOKYUNAGE –  
tenkan, irimitenkan, irimitenkan tenshin  
SHIHONAGE – irimitenkan - tekubigaeshi, jujimusubi, chinshin

KATATERYOTETORI

GENKEIKOKYUNAGE - tanren, tenkan  
KOKYUNAGE: MAEOTOSCHI, HIKIOTOSCHI  
UDEKIMENAGE omote,ura - tenkan  
KAITENOTOSHI – irimitenkan, tenkan  
IRIMINAGE – tenkan, irimitenkan

### USHIROWAZA

USHIRORYOTETORI

NIKKYO omote,ura  
TENCHINAGE / GENKEIKOKYUNAGE omote,ura

USHIRORYOKATATORI

IKKYO omote,ura  
KOTEGAESHI / IRIMINAGE  
GENKEIKOKYUNAGE – chudan / jodan kuzushi

### SUWARIWAZA

KATATETORI GYAKUHANMI

SOTOKAITENAGE

SHOMENUCHI KIAWASE

YONKYO omote,ura  
KOTEGAESHI

### BOKKEN / JO

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## 1. KYU

### TACHIWAZA

SHOMENUCHI KIAWASE

JIYUWAZA

KATATETORI AIHANMI

IKKYO bis YONKYO omote,ura

KATATETORI GYAKUHANMI

IKKYO omote – irimitenkan tenshin  
IKKYO ura – tenkan tenshin  
SOTOKAITENAGE / UCHIKAITENAGE - tenkan  
IRIMINAGE / SHIHONAGE / UDEKIMENAGE – irimitenkan -  
jujimusubi, tekubigaeshi

RYOTETORI

TORIFUNE / CHINSHIN KOKYUNAGE – irimitenkan tenshin  
SOTOKAITEN / UCHIKAITEN KOKYUNAGE - irimitenkan tenshin  
KOSHINAGE - verschiedene

KATATERYOTETORI

SHIHONAGE omote,ura – karami osae  
KOKYUNAGE: MAEOTOSHI / HIKIOTOSHI  
JUJIGARAMI

SHOMENUCHI

SOTOKAITENNAGE / UCHIKAITENNAGE  
TENCHINAGE  
GENKEIKOKYUNAGE

CHUDANTSUKI

IKKYO / GOKYO - makiotoshi  
HIJIKIMEOSAE - makiotoshi  
SOTOKAITENNAGE - makiotoshi  
GENKEIKOKYUNAGE - makiotoshi  
KIRIOTOSHI - makiotoshi

KATATORI

IKKYO omote,ura – maeashi irimi, irimitenkan

KATATORI MENUCHI

IKKYO omote,ura – tenkan katanote  
SHIHONAGE omote,ura  
GENKEIKOKYUNAGE

YOKOMENUCHI

IKKYO bis YONKYO omote,ura - kirioroshi  
JIYUWAZA - kirioroshi

### USHIROWAZA

USHIRORYOTETORI

SANKYO omote,ura  
IRIMINAGE omote,ura  
UDEKIMENAGE omote,ura  
KOSHINAGE

USHIRORYOKATATORI

IKKYO omote,ura  
KOTEGAESHI / IRIMINAGE  
JIYUWAZA

### SUWARIWAZA

SHOMENUCHI KIAWASE

IKKYO bis YONKYO omote,ura  
KOTEGAESHI / IRIMINAGE

### BOKKEN / JO

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## 1. DAN

### TACHIWAZA

SHOMENUCHI KIAWASE

IKKYO bis YONKYO omote,ura  
SHIHONAGE omote,ura  
TENCHINAGE / SUMIOTOSHI

KATATETORI GYAKUHANMI

KOSHINAGE – tenkan tenshin, irimitenkan  
UDEGARAMI – sotokaiten, uchikaiten, hiji  
JIYUWAZA

RYOTETORI

TENCHINAGE  
tenkan, irimitenkan, tenkan tenshin, irimitenkan tenshin  
GENKEIKOKYUNAGE – tenkan, irimitenkan, irimitenkan tenshin  
SHIHONAGE omote,ura – irimitenkan –  
tekubigaeshi, jujimusubi, chinshin  
TORIFUNE / CHINSHIN KOKYUNAGE – irimitenkan tenshin

KATATERYOTETORI

IKKYO omote,ura - tenkan  
JUJIGARAMI  
KOYUNAGE: MAEOTOSHI; HIKIOTOSHI  
UDEKIMENAGE omote,ura - tenkan

SHOMENUCHI

KOSHINAGE / IRIMINAGE / JIYUWAZA

CHUDANTSUKI

KOTEGAESHI / KIRIOTOSHI / IRIMINAGE / JIYUWAZA -  
makiotoshi

KATATORI MENUCHI

IKKYO omote,ura – uchinote, katanote  
SHIHONAGE / TENCHINAGE / UDEKIMENAGE

YOKOMENUCHI

IKKYO ura – ukenagashi / IRIMINAGE - ukenagashi  
SEOIGURUMA / TEGURUMA  
JIYUWAZA – ukenagashi, makiotoshi

### USHIROWAZA

USHIRORYOTETORI

YONKYO omote,ura  
KOSHINAGE  
SHIHONAGE omote,ura – karami osae  
UDEKIMENAGE / KOTEGAESHI omote,ura  
JUJIGARAMI / JIYUWAZA

USHIRORYOKATATORI

SANKYO / YONKYO omote,ura  
KOTEGAESHI / GENKEIKOKYUNAGE

### SUWARIWAZA

SHOMENUCHI KIAWASE

JIYUWAZA

KATATETORI GYAKUHANMI

KOTEGAESHI / SOTOKAITENAGE

KATATETORI AIHANMI

SHIHONAGE omote,ura

### TANTO

CHUDANTSUKI

IKKYO omote,ura  
KOTEGAESHI / HIJIKIMEOSAE / UDEGARAMI  
GENKEIKOKYUNAGE  
UCHKAITENSANKYO

YOKOMENUCHI

IKKYO / SHIHONAGE  
IRIMINAGE bis OSAE

### BOKKEN / JO

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## 2. DAN

### TACHIWAZA

KATATETORI AIHANMI

NIKKYO ura  
UCHIKAITENSANKYO / -YONKYO  
UDEKIMENAGE – omote,ura – tenkan  
SHIHONAGE omote,ura – tenkan, irimitenkan  
KOSHINAGE – irimitenkan

KATATETORI GYAKUHANMI

IKKYO omote – irimitenkan tenshin  
IKKYO ura – tenkan tenshin  
IRIMINAGE – irimitenkan - jujimusubi, tekubigaeshi,  
SHIHONAGE – irimitenkan - jujimusubi, tekubigaeshi  
SUMIOTOSHI  
JIYUWAZA

RYOTETORI

KOKYUNAGE – irimitenkan tenshin - makiotoshi, torifune,  
sotokaiten, uchikaiten, chinshin  
TENCHINAGE –  
tenkan, tenkan tenshin, irimitenkan, irimitenkan tenshin  
SHIHONAGE – irimitenkan - tekubigaeshi, jujimusubi, chinshin

KATATERYOTETORI

SHIHONAGE omote,ura – karami osae  
GENKEIKOKYUNAGE – tanren, tenkan  
JUJIGARAMI / JIYUWAZA

KATATORI

IKKYO omote,ura – maeashi irimi, irimitenkan  
GENKEIKOKYUNAGE - verschiedene  
KOKYUNAGE - verschiedene

KATATORI MENUCHI

IKKYO omote, ura - uchinote, katanote  
SHIHONAGE / TENCHINAGE / UDEKIMENAGE  
JIYUWAZA

CUDANTSUKI

TENCHINAGE / UDEGARAMI - makiotoshi  
UCHIKAITENSANKYO / -YONKYO

JODANTSUKI

IKKYO – suriage  
SOTOKAITENNAGE  
IRIMINAGE / KOTEGAESHI - suriage

YOKOMENUCHI

SEOIGURUMA / TEGURUMA  
SOTOKAITENNAGE / IRIMINAGE – kirioroshi  
KOTEGAESHI / GENKEIKOKYUNAGE – makiotoshi  
SUMIOTOSHI / TENCHINAGE - ukenagashi  
JIYUWAZA

### USHIROWAZA

USHIRORYOTETORI

IKKYO bis YONKYO omote,ura  
TENCHINAGE / GENKEIKOKYUNAGE / KOTEGAESHI  
omote, ura

USHIRORYOKATATORI

SANKYO / YONKYO omote,ura  
KOTEGAESHI  
GENKEIKOKYUNAGE

### TANTO

CHUDANTSUKI

UDEGARAMI  
IRIMINAGE bis OSAE  
KOTEGAESHI

### BOKKEN

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### JO

## 3. DAN

### TACHIWAZA

SHOMENUCHI KIAWASE

NIKKYO / SANKYO / YONKYO omote,ura  
SHIHONAGE omote,ura  
KOSHINAGE – ikkyogoshi, irimitenkan  
SUMIOTOSHI / TENCHINAGE  
JIYUWAZA

KATATETORI AIHANMI

SANKYO ura  
UCHIKAITENSANKYO / -YONKYO  
SHIHONAGE / UDEKIMENAGE omote,ura – tenkan

KATATETORI GYAKUHANMI

IKKYO omote – irimitenkan tenshin  
IKKYO ura – tenkan tenshin  
UDEGARAMI – sotokaiten, uchikaiten, hiji  
IRIMINAGE / SHIHONAGE / UDEKIMENAGE – irimitenkan -  
jujimusubi, tekubigaeshi  
KOSHINAGE – verschiedene  
JIYUWAZA

RYOKATATORI

UDEGARAMI / SUMIOTOSHI  
KOKYUNAGE / TANINZUTORI

KATATERYOTETORI

IKKYO omote,ura - tenkan  
GENKEIKOKYUNAGE - tanren, tenkan  
KOKYUNAGE - MAEOTOSHI, HIKIOTOSHI  
UDEKIMENAGE omote,ura - tenkan  
SHIHONAGE omote,ura – karami osae  
JIYUWAZA

RYOTETORI

KOKYUNAGE verschiedene  
SHIHONAGE omote,ura – irimitenkan –  
tekubigaeshi, jujimusubi, chinshin  
TENCHINAGE -  
tenkan, irimitenkan, tenkan tenshin, irimitenkan tenshin  
GENKEIKOKYUNAGE – tenkan, irimitenkan, irimitenkan tenshin  
KOSHINAGE – verschiedene  
JIYUWAZA

KATATORI MENUCHI

IKKYO omote,ura – tenkan katanote  
JIYUWAZA

CHUDANTSUKI

IKKYO omote,ura - makiotoshi  
TENCHINAGE / KOTEGAESHI / SUMIOTOSHI - makiotoshi

YOKOMENUCHI

IRIMINAGE / SOTOKAITENNAGE - tatakiotoshi  
IKKYO – ukenagashi, tatakiotoshi  
JIYUWAZA – ukenagashi, kirioroshi

FUTARIDORI

JIYUWASA – aihanmi, gyakuhanmi

### USHIROWAZA

USHIRORYOKATATORI

SANKYO / YONKYO omote,ura  
KOTEGAESHI / GENKEIKOKYUNAGE

USHIROKATATETORI KUBISHIME

SANKYO omote,ura  
SHIHONAGE omote,ura  
UDEKIMENAGE / KOKYUNAGE

### BOKKEN / JO

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## 4. DAN

### TACHIWAZA

KATATETORI AIHANMI

IKKYO bis YONKYO – omote,ura

KATATETORI GYAKUHANMI

KOTEGAESHI / IRIMINAGE – maeashi irimi, irimitenkan tenshin  
IRIMINAGE / SHIHONAGE / UDEKIMENAGE – irimitenkan –  
jujimusubi, tekubigaeshi

KATATERYOTETORI

IKKYO  
GENKEIKOKYUNAGE / JUJIGARAMI / SUMIOTOSHI  
KOKYUNAGE - verschiedene

RANDORI: AIHANMI / GYAKUHANMI /  
KATATERYOTETORI

JIYUWAZA

KATATORI

IKKYO omote,ura - verschiedene

RYOKATATORI

UDEGARAMI / KOKYUNAGE - verschiedene

KATATORI MENUCHI (JODANTSUKI)

SHIHONAGE / GENKEIKOKYUNAGE / TENCHINAGE  
UDEKIMENAGE / KOTEGAESHI / JIYUWAZA  
TANINZUTORI  
KOTEGAESHI  
SOTOKAITENAGE / UCHIKAITENAGE

SHOMENUCHI

SHOMENUCHI KIAWASE /  
KATATETORI AIHANMI / GYAKUHANMI

KOSHINAGE - verschiedene

JODANTSUKI

IKKYO / KOTEGAESCHI / SHIHONAGE  
JIYUWAZA

RANDORI: YOKOMENUCHI, JODANTSUKI

HAKARIGEIKO, TANINZUDORI, JIYUWAZA

FUTARIDORI

JIYUWAZA - aihanmi, gyakuhanmi

### USHIROWAZA

USHIRORYOKATATORI

IKKYO bis YONKYO omote,ura  
JIYUWAZA

USHIRORYOTETORI

IKKYO bis YONKYO omote,ura  
TENCHINAGE / GENKEIKOKYUNAGE - verschiedene  
JIYUWAZA

### HANMIHANTACHIWAZA

KATATETORI GYAKUHANMI

KOTEGAESHI / SHIHONAGE  
SOTOKAITENNAGE / UCHIKAITENNAGE  
SHIHONAGE / IRIMINAGE  
JIYUWAZA

KATATORI

KATATETORI GYAKUHANMI

### SUWARIWAZA

KATATORI

IKKYO, UDEGARAMI  
SOTOKAITENAGE / SHIHONAGE  
JIYUWAZA

SHOMENUCHI KIAWASE

KATATETORI GYAKUHANMI

### TANTO

CHUDANTSUKI

IKKYO omote,ura / UCHIKAITENSANKYO  
KOTEGAESHI / HIJIKIMEOSAE  
UDEGARAMI / GENKEIKOKYUNAGE

YOKOMENUCHI

IKKYO / SHIHONAGE / IRIMINAGE bis OSAE

### BOKKEN / JO

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