

## 3. Kyu

### BOKKEN

kamae  
seigan gamae

SEIGAN, JODAN, HASSO, WAKI, GEDAN  
SHOMENUCHI / CHUDANTSUKI  
JODAN UKENAGASHI UCHI - maeashi tenshin

### JO

kamae  
katate gamae  
tsuki gamae

KATATE, TSUKI, UCHI, KAKUSHI  
HACHINOJIGAESHI ura  
KOTAI omote  
SHOMENUCHI JODAN GAESHI

## 2. KYU

### BOKKEN

seigan gamae

SHOMENUCHI - irimitenkan, tenshin  
SHOMENUCHI - uchikomi  
SHIHOGIRI  
MAKI SHOMENUCHI / MAKI TSUKI

### JO

katate gamae

HACHINOJIGAESHI ura  
CHOKU TSUKI omote, hanura, ura  
HASSO hanura - migi, hidari  
HASSO SHOMENUCHI

tsuki gamae

KOTAI omote: irimitenkan, tenshin  
CHOKU TSUKI omote, ura  
SHIGOKU TSUKI omote  
SHIGOKU TSUKI JODAN GAESHI

## 1. KYU

### BOKKEN

waki gamae

SHOMENUCHI

seigan gamae

SHOMENUCHI - maeashi irimi, tsugiashi, okuriashi  
YOKO UKENAGASHI (direkt, halbkreis untere hälfte)  
YOKOMENUCHI / CHUDANTSUKI  
MAKI YOKOMENUCHI

### **KUMI TACHI**

1. (a) MAKI YOKOMENUCHI = (b) YOKO UKENAGASHI
2. (a) MAKI = (b) CHUDAN TSUKI / YOKOMENUCHI
3. (a) MAKI = (b) MAKI

### JO

katate gamae

HACHINOJIGAESHI omote  
YOKO/JODAN UKENAGASHI hanura, ura

tsuki gamae

KOTAL ura: irimitenkan, tenshin

uchi gamae

CHOKUTSUKI JODAN GAESHI

### **KUMI JO**

1. (a) CHOKU / SHIGOKU TSUKI JODAN = (b) KOTAL omote / ura
2. (a) SHOMENUCHI JODAN GAESHI = (b) KATATE – HACHINO YOKOMEN – CHOKU TSUKI omote, ura
3. (a) SHIGOKU TSUKI CHUDAN = (b) KATATE ura – YOKO/JODAN UKENAGASHI – UCHI

## 1. DAN

### BOKKEN

seigan gamae

YOKOMENUCHI – irimitenkan, tenshin  
SHOMENUCHI – irimitenkan, tenshin / uchikomi  
SHIHOGIRI  
JODAN UKENAGASHI UCHI  
YOKO UKENAGASHI (amortisierend, halbkreis obere hälfte)

### **KUMI TACHI**

1. (a) MAKI YOKOMENUCHI = (b) YOKO UKENAGASHI
2. (a) MAKI SHOMENUCHI = (b) JODAN UKENAGASHI UCHI
3. (a) MAKI YOKOMENUCHI = (b) SURIAGE – YOKOMENUCHI

### JO

uchi gamae

HACHINO YOKOMENUCHI omote

HACHINO YOKOMENUCHI ura

tsuki gamae

CHOKUTSUKI omote, hanura, ura

KOTAL omote, ura - irimitenkan, tenshin

### **KUMI JO**

1. (a) YOKOMENUCHI omote = (b) SURIAGE = (a) HACHINO YOKOMENUCHI omote
2. (a) YOKOMENUCHI ura = (b) YOKO UKENAGASHI = (a) HACHINO YOKOMENUCHI ura
3. (a) YOKOMENUCHI JODAN GAESHI = (b) SURIAGE – ura TSUKI

## 2. DAN

### BOKKEN

seigan gamae

SHOMENUCHI - uchikomi, waki, mae ashi irimi  
- tsugiashi-kaiten-ushiro tsugiashi  
- okuriashi-kaiten-ushiro okuriashi  
- irimi kaiten-ushiro irimi

### KUMI TACHI

1. (a) MAKI-SHOMENUCHI = (b) JODAN UKENAGASHI – UCHI / SURIAGE-UCHI / OSAE / DEBANA
2. (a) MAKI-TSUKI = (b) YOKO UKENAGASHI – OSAE
3. (a) MAKI-TSUKI = (b) YOKO UKENAGASHI – MAKI – YOKOMENUCHI

### JO

tsuki gamae

HASSO HANURA - mae ura tsuki-hasso  
- ushiro ura tsuki-hasso  
- ushiro uchi - mit irimitenkan

kakushi gamae

UCHI omote, ura

### KUMI JO

1. (a) SHIGOKU TSUKI JODAN = (b) KAKUSHI GAMAE – UCHI omote
2. (a) YOKOMENUCHI = (b) KAKUSHI GAMAE – UCHI ura
3. (a) CHOKU TSUKI JODAN = (b) SURIAGE – HASSO – TSUKI / UCHI

### JO-SABAKI

aihanmi, gyakuhanmi, katateryotetori

KOKYUNAGE

## 3. DAN

### BOKKEN

seigan gamae

SHOMENUCHI  
SHOMENUCHI - TSUKI  
JODAN UKENAGASHI UCHI - kreisförmig  
YOKO UKENAGASHI - kreisförmig

shomenuchi

TACHI-DORI

### KUMITACHI

1. (a) MAKI SHOMENUCHI = (b) JODAN UKENAGASHI – UCHI
2. (a) MAKI TSUKI = (b) YOKO UKENAGASHI – JODAN UKENAGASHI – UCHI
3. (a) YOKOMENUCHI = (b) SURIAGE-WAKI GAMAE – UCHI

### JO

tsuki gamae

YOKO/JODAN UKENAGASHI MAKI omote, hanura, ura

kakushi gamae

TSUKI omote, ura

chudantsuki

JO-DORI

### KUMIJO

1. (a) SHIGOKU TSUKI CHUDAN = (b) YOKO/JODAN UKENAGASHI MAKI (omote, hanura, ura) – UCHI / TSUKI
2. (a) CHOKU TSUKI = (b) KATATE-GAMAE URA, OSAE = (a) GEDAN URA UCHI = (b) GEDAN URA UCHI
3. (a) SHIGOKU TSUKI JODAN = (b) KAKUSHI GAMAE – TSUKI (omote, ura)

## 4. DAN

### **BOKKEN**

seigan gamae

SHOMENUCHI  
SHIHO GIRI / HAPPO GIRI  
YOKOMENUCHI – 6 richtungen  
KESAGIRI

shomenuchi / yokomenuchi

TACHI-DORI

### **KUMITACHI**

1. (a) MAKI SHOMENUCHI = (b) JIYUWASA
2. (a) MAKI SHOMENUCHI / YOKOMENUCHI / TSUKI = (b) JIYUWASA
3. (a) FREIE ANGRIF = (b) JIYUWASA

### **JO**

tsuki gamae

katate gamae

kakushi gamae

KOTAI-HACHINO – verbinding  
HANURA TSUKI / UCHI  
UCHI omote, hanura, ura  
TSUKI omote, hanura, ura  
UKENAGASHI

aihanmi, gyakuhanmi, katateryotetori

JO-SABAKI

chudantsuki

JO-DORI

### **KUMIJO**

1. (a) HANURA UCHI = (b) OMOTE-URA UCHI
2. (a) JODAN CHOKU TSUKI = (b) KAKUSHI-GAMAE – UCHI / TSUKI / UKENAGASHI
3. (a) FREIER ANGRIF = (b) JIYUWASA