

Prüfungsanforderungen zum 1. Kyu (Braungurt)

Kihon Renshu:

1. Kata No Hogushi
2. Koshi No Kaiten
3. Kushin No Undo
4. Hiza No Kaiten
5. Koshi No Undo
6. Yubi Sake No Ude Tate Fuse
7. Kobushi No Ude Tate Fuse
8. Kushin No Hogushi
9. Shomen Tsuki
10. Renzoku Chudan Tsuki
11. Mae Geri No Undo
12. Hiza Age No Undo
13. Mae Geri
14. Shuto Uchi
15. Gyaku Tsuki
16. Jodan Uke
17. Ushiro Tsuki
18. Chudan Uchi Otoshi
19. Yoko Geri No Undo
20. Yoko Geri
21. Yoko Uraken
22. Gedan Barai, Chudan Tsuki
23. Yoko Tsuki
24. Mawashi Geri
25. Ushiro Geri
26. Ashi Sukui
- 26a Soto Uke**
27. Ashi Barai
- 27a Hasami Uchi**
28. Yonkai Uchi
29. Chudan Uke
30. Shuto Uke
31. Gedan Tsuki
32. Uke Kogeki
(Ryote Uke, Chudan Tsuki)
33. Ashi Uke
34. Renzoku Tsuki Geri
35. Fukin No Undo
36. Kubi No Undo
37. Shin Kokyu

Zenshin Kotai

3. Jodan Uke, Chudan Tsuki
4. Chudan Uke, Chudan Tsuki
5. Gedan Barai, Chudan Tsuki
6. Migi Jodan Tsuki, Hidari Chudan Tsuki
7. Hidari Jodan Tsuki, Migi Chudan Tsuki
8. Jodan Uke, Chudan Uchi Otoshi,
Chudan Tsuki
9. Jodan Uke, Chudan Uke, Uraken,
Gedan Barai, Chudan Tsuki
10. Sankai Tsuki
11. Chudan Uke Uraken
12. Ashi Barai
13. Mae Geri, Renzoku Tsuki
14. Oi Tsuki
15. Fumikomi Yoko Geri
17. Tobi Komi, Yoko Geri
18. Mawashi Yoko Geri, Ushiro Geri
20. Mae Geri, Kake Uke
23. Shuto Uke, Neko Dach
24. Mikasuki Geri, Yoko Geri
- 16. Mae Geri, Yoko Geri, Ushiro Geri**
- 19. Gyaku Tsuki, Yoko Geri,
Renzoku Tsuki**

Ippon Kumite

1. Nagashi Uke, Hirate Uchi, Chudan Tsuki
2. Jodan Uke, Chudan Tsuki
3. Ryote Uke, Uraken
4. Jodan Uke, Hiji Uchi, Mawashi Hiji Uchi
5. Ryote Soto Uke, Chudan Tsuki
6. Nagashi Uke, Yoko Geri
7. Nagashi Uke, Hiji Kogeki
9. Nagashi Uke, Mawashi Geri
11. Ryote Uchi Uke, Hiji Uchi
13. Juji Uke, Hiza Uchi
17. Shuto Uke, Ude Osae, Uraken
18. Shuto Uke, Hiji Uchi
20. Shuto Uke, Chudan Tsuki
21. Chudan Uke, Chudan Tsuki
22. Gedan Barai, Chudan Tsuki
23. Chudan Soto Uke, Chudan Tsuki
- 14. Ryote Kake Uke, Ude Gatame**
- 16. Kake Uke, Mae Geri**
- 19. Hirate Uke, Chudan Tsuki**

Jiyu Kumite:

Kata:

Fukyugata Ich
Fukyugata Ni
Seisan
Ananku
Wansu
Passai

Pinan Shodan

Nai Han Chi Shodan

Theorie:

wie vorher und zusätzlich Erklärung des Abzeichens,
Geschichte des Shorin Ryu Karate
und Geschichte des Seibukan
3 x Kampfrichterlehrgang (SRS) ab 18 Jahre