

## Prüfungsanforderungen zum 3. 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
14. Oi Tsuki
15. Fumikomi Yoko Geri
17. Tobi Komi, Yoko Geri
20. Mae Geri, Kake Uke
23. Shuto Uke, Neko Dachi
- 13. Mae Geri, Renzoku Tsuki**
- 18. Mawashi Yoko Geri, Ushiro Geri**

### **Ippon Kumite**

1. Nagashi Uke, Hirate Uchi, Chudan Tsuki
2. Jodan Uke, Chudan Tsuki
3. Ryote Uke, Uraken
6. Nagashi Uke, Yoko Geri
7. Nagashi Uke, Hiji Kogeki
9. Nagashi Uke, Mawashi Geri
11. Ryote Uchi Uke, Hiji Uchi
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
- 4. Jodan Uke, Hiji Uchi, Mawashi  
Hiji Uchi**
- 13. Juji Uke, Hiza Uchi**

### **Jiyu Kumite:**

#### **Kata:**

Fukyugata Ich  
Fukyugata Ni  
Seisan  
Ananku

#### **Wansu**

#### **Theorie:**

wie vorher und zusätzlich Erklärung des  
Abzeichens und die Geschichte des Seibukan,  
1 x Kampfrichterlehrgang (SRS) ab 18 Jahre