

# Kihon Waza (Grundtechniken) / Kihon Renshu (Grundschule)

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## Atatameru (aufwärmen)

Nawa Tobi (Seilspringen) Taisabaki	Kondition / Warm up
Kubi No Undo Kubi no Kaiten	Age / Jodan (Kopfbereich)
Kata No Hogushi Kobushi No Ude Tate Fuse Kata no Undo Ryote Uke no Undo Juji Wan no Undo	Kata (Schulterbereich)
Koshi No Undo Koshi No Kaiten Koshi Kaiten No Undo Koshi Fura Su No Undo Fukin No Undo (10 pro Gurt) Mae Geri no Undo Yoko Geri no Undo Ushiro Geri No Undo Ikioi Ashiyubi No Undo Kakato Geri No Undo Hiza Age No Undo	Chudan (mittlerer Bereich)
Kushin No Undo Sutorechi Geri No Undo Kushin No Hogushi Yubi Sake No Ude Tate Fuse Hiza No Kaiten Suwari no undo	Gedan (unterer Bereich)
Shin Kokyu	Atem- und Entspannungsübung

## Kiba dachi

Technik	Niveaustand
Age (Jodan) Uke	Rokukyu / 6. Kyu (weiß-gelb)
<i>Soto Uke</i>	Rokukyu / 6. Kyu (weiß-gelb)
<i>Ude Uke</i>	Rokukyu / 6. Kyu (weiß-gelb)
Ashi Uke (heiko dachi)	Gokyu / 5. Kyu (gelb)
Shomen Tsuki	Gokyu / 5. Kyu (gelb)
Renzoku Chudan Tsuki	Yonkyu / 4. Kyu (orange)
Yoko Tsuki	Yonkyu / 4. Kyu (orange)
Ushiro Tsuki	Yonkyu / 4. Kyu (orange)
Shuto Uchi	Yonkyu / 4. Kyu (orange)
Yoko Uraken	Yonkyu / 4. Kyu (orange)
Shuto Haito Uchi	Sankyu / 3. Kyu (grün)
<i>Shuto Ura Haito Uchi</i>	Sankyu / 3. Kyu (grün)
<i>Hasami Uchi</i>	Sankyu / 3. Kyu (grün)
Yonkai Uchi	Nikyu / 2. Kyu (blau)
Uke Kogeki (Ryote Uke, Chudan Tsuki)	Ikkyu / 1. Kyu (braun)

## Nanami heiko dachi

Technik	Niveaustand
Chudan Uchi Otoshi	Gokyu / 5. Kyu (gelb)
Gedan Tsuki	Yonkyu / 4. Kyu (orange)
Ashi Sukui	Yonkyu / 4. Kyu (orange)
Ashi Barai	Yonkyu / 4. Kyu (orange)
Chudan Uke	Yonkyu / 4. Kyu (orange)
Shuto Uke	Sankyu / 3. Kyu (grün)

## Shiko dachi

Technik	Niveaustand
Gyaku Tsuki	Gokyu / 5. Kyu (gelb)
Gedan Barai, Chudan Tsuki	Yonkyu / 4. Kyu (orange)
Renzoku Tsuki Geri	Sankyu / 3. Kyu (grün)

## Geri Waza

Technik	Niveaustand
Mae Geri (zenkutsu dachi)	Yonkyu / 4. Kyu (orange)
Yoko Geri (heisoku dachi)	Sankyu / 3. Kyu (grün)
Mawashi Chudan Geri (musubi dachi)	Sankyu / 3. Kyu (grün)
Mawashi Jodan Geri (musubi dachi)	Nikyu / 2. Kyu (blau)
Ushiro Geri (heisoku dachi)	Nikyu / 1. Kyu (blau)
Mikasuki Geri (shiko dachi)	Ikkyu / 1. Kyu (braun)
Ura Mawashi Geri Jodan	1. DAN / (schwarz)

## Ippon Kumite

Technik	Niveaustand
Ryote Uchi Uke, Uraken	Gokyu / 5. Kyu (gelb)
Nagashi Uke Hirate (Shotei) Uke, Chudan Tsuki	Yonkyu / 4. Kyu (orange)
Nagashi Uke, Kin Uchi	Sankyu / 3. Kyu (grün)
Ryote Uchi Uke, Hiji Uchi	Sankyu / 3. Kyu (grün)
Shuto Uke, (Ippon ashi Dachi) Hiji Uchi	Sankyu / 3. Kyu (grün)
Juji Uke, Hiza Uchi	Nikyu / 2. Kyu (blau)
Kake Uke, Mae Geri	Nikyu / 2. Kyu (blau)
Ryote Kake Uke, Ude Gatame	Nikyu / 2. Kyu (blau)
Shuto Uke (Neko ashi Dachi), Ude Osae, Uraken	Nikyu / 2. Kyu (blau)
Juji Chudan Uke, Tekubi Gatame	Ikkyu / 1. Kyu (braun)
Juji Jodan Uke, Ude Gatame	Ikkyu / 1. Kyu (braun)
Juji Osae Chudan Uke, Uraken	Ikkyu / 1. Kyu (braun)
Ryote Soto Shuto Uke, Chudan Tsuki	Ikkyu / 1. Kyu (braun)
Jodan Uke, Hiji Uchi, Mawashi Hiji Uchi	1. Dan / (schwarz)

## Yonhon Kumite

Technik	Niveaustand
Gedan Barai (Abschluss: Chudan Tsuki)	Rokukyu / 6. Kyu (weiß-gelb)
Jodan Uke (Abschluss: Chudan Tsuki)	Rokukyu / 6. Kyu (weiß-gelb)
Chudan Soto Uke (Abschluss: Chudan Tsuki)	Gokyu / 5. Kyu (gelb)
Chudan Uke (Abschluss: Uraken)	Gokyu / 5. Kyu (gelb)
Chudan Uke (Abschluss: Chudan Tsuki)	Gokyu / 5. Kyu (gelb)
Nagashi Uke (Abschluss: Hiji Kogeki)	Yonkyu / 4. Kyu (orange)
Nagashi Uke (Abschluss: Mawashi Geri)	Yonkyu / 4. Kyu (orange)
Nagashi Uke (Abschluss: Yoko Geri)	Yonkyu / 4. Kyu (orange)
Shuto Uke (soto) (Abschluss: Chudan Tsuki)	Sankyu / 3. Kyu (grün)
Shotei Uke (Abschluss: Koken Uchi)	Nikyu / 2. Kyu (blau)

## Tachi Waza I (Zenshin – Kotai / Yonhon)

Technik	Niveaustand
Migi Jodan Tsuki, Hidari Chudan Tsuki	Gokyu / 5. Kyu (gelb)
Hidari Jodan Tsuki, Migu Chudan Tsuki	Gokyu / 5. Kyu (gelb)
Jodan Uke, Chudan Uchi Otoshi	Gokyu / 5. Kyu (gelb)
Oi Tsuki	Gokyu / 5. Kyu (gelb)
Sankai Tsuki	Yonkyu / 4. Kyu (orange)
Fumikomi Yoko Geri	Yonkyu / 4. Kyu (orange)
Tobi Komi, Yoko Geri	Yonkyu / 4. Kyu (orange)
Shuto Uke, Neko Ashi Dachi	Sankyu / 3. Kyu (grün)
Gokai Waza	Sankyu / 3. Kyu (grün)
Mae Geri, Kake Uke	Sankyu / 3. Kyu (grün)
Ashi Barai	Nikyu / 2. Kyu (blau)
Mawashi Yoko Geri, Ushiro Geri	Nikyu / 2. Kyu (blau)
Gyaku Tsuki, Yoko Geri, Renzoku Tsuki	Nikyu / 2. Kyu (blau)
Mae Geri, Yoko Geri, Ushiro Geri	Ikkyu / 1. Kyu (braun)
Mae Geri, Renzoku Tsuki	Ikkyu / 1. Kyu (braun)
Mikasuki Geri, Yoko Geri	Ikkyu / 1. Kyu (braun)
Kinniku Gatame	1. Dan / (schwarz)
Uke No Renshu	1. Dan / (schwarz)

## Tachi Waza II

Shibaki (芝木): kote kitai I, kote kitai II,  
Shime no undo,  
Hojo Undo (Junbi no Undo)

## Yakusoku Kumite

## Goshin Kumite

## Taisabaki Waza