

ASAHI KARATE DŌ e.V.

Prüfungstafel vom 9. Kyū bis 1. Kyū

RENZOKU WAZA

Renzoku Waza	9. Kyū	8. Kyū	7. Kyū	6. Kyū	5. Kyū	4. Kyū	3. Kyū	2. Kyū	1. Kyū
Maegeri Chūdan + Gyakuzuki Chūdan									
Surikomi Maegeri Chūdan + Gyakuzuki Chūdan									
Maegeri Chūdan + Mawashigeri Chūdan + Gyakuzuki Chūdan									
Surikomi Maegeri Chūdan + Mawashigeri Chūdan + Gyakuzuki Chūdan									
Maegeri Chūdan + Tobikomizuki + Sokutō Chūdan									
Surikomi Maegeri Chūdan + Tsugiashi Sokutō Chūdan + Gyakuzuki Chūdan									
Mawashigeri Chūdan + Ushirogeri Chūdan + Gyakuzuki Chūdan									
Maegeri Chūdan + Tobikominagashizuki + Gyakuzuki Chūdan									
Nagashizuki Jōdan + Mawashigeri Chūdan + Ushirogeri Chūdan + Maehizageri + Uchi Uke + Gyakuzuki Chūdan									
Ayumiashi Tobikominagashizuki + Mawashigeri Jōdan + Ushirogeri Chūdan + Uchi Uke + Gyakuzuki Chūdan									
freie Wahl [mindestens 4 Techniken, demonstrierbar]									
Surikomi Ushirogeri Chūdan + Ushiro Empi Chūdan + Tettsui Uchi Chūdan + Uraken Jōdan + Gyakuzuki Chūdan									
Zenshinshite Jōdan/Chūdan Renzuki + Surikomi Maegeri Jōdan + Mawashigeri Jōdan + Uraken Jōdan									
freie Wahl [mindestens 4 Techniken, demonstrierbar]									

UCHI WAZA

Uchi Waza	9. Kyū	8. Kyū	7. Kyū	6. Kyū	5. Kyū	4. Kyū	3. Kyū	2. Kyū	1. Kyū
Shutō – Hidari Jōdan + Migi Jōdan									
Tettsui – Hidari Yoko Jōdan + Migi Otoshi Chūdan									
Uraken – Hidari Yoko Jōdan + Migi Otoshi Chūdan									
Haitō – Hidari Migi-Ganmen + Hidari-Ganmen + Migi Chūdan									
Teishō – Hidari Age Jōdan + Migi Age Jōdan									
Empi Age Jōdan + Mawashiempi Jōdan + Yokoempi Chūdan + Ushiroempi Chūdan									

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Prüfungstafel vom 9. Kyū bis 1. Kyū

YAKOSOKU KUMITE + SV + JIYŪ KUMITE																					
Kyū-grad	IPPON KUMITE									ŌYŌ KUMITE					KIHON KUMITE					SV	JIYŪ
	#1	#2	#3	#4	#5	#6	#7	#8	#9	#1	#2	#3	#4	#5	#1	#2	#3	#4	#5		
8. Kyū	■																				
7. Kyū	■	■	■							■										■	■
6. Kyū	■	■	■	■						■	■									■	■
5. Kyū	■	■	■	■	■					■	■	■								■	■
4. Kyū	■	■	■	■	■	■				■	■	■	■							■	■
3. Kyū	■	■	■	■	■	■	■			■	■	■	■	■	■	■				■	■
2. Kyū	■	■	■	■	■	■	■	■		■	■	■	■	■	■	■	■			■	■
1. Kyū	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■

Ipponme [Uchi Uke]

Tori: *Junzuki Chūdan*

Uke: *Uchi Uke [Shikodachi] + 2 Techniken*

Yonhonme [Jōdan Uke]

Tori: *Junzuki Jōdan*

Uke: *Jōdan Uke + 2 Techniken*

Nanahonme [Soto Barai Uke]

Tori: *Maegeri Chūdan*

Uke: *Soto Barai Uke + Gyakuzuki*

Nihonme [Soto Uke]

Tori: *Junzuki Chūdan*

Uke: *Soto Uke Chūdan + 3 Techniken*

Gohonme [Hiji Uke]

Tori: *Junzuki Chūdan*

Uke: *Hiji Uke + Tetsui Uchi + Hebel*

Haponme [Chūdan Nagashi Uke]

Tori: *Junzuki Chūdan*

Uke: *Chūdan Nagashi Uke + 3*

Sanbonme [Uchi Barai Uke]

Tori: *Maegeri Chūdan*

Uke: *Uchi Barai Uke + Gyakuzuki Chūdan*

Ropponme [Shutō Uke]

Tori: *Junzuki Jōdan*

Uke: *Shutō Uke + 4 Techniken*

Kyūhonme [Chūdan Nagashi Barai]

Tori: *Maegeri Chūdan*

Uke: *Chūdan Nagashi Barai + 1*