

## Prüfungsprogramm 1. Dan / 2. Dan

SUWARIWAZA	shomen <i>yokomen</i>	ikkyo nikyo sankyo yonkyo gokyo iriminage kotegaeshi	omote & ura omote & ura omote & ura omote & ura
HANMI HANDACHI	katatedori gyakuhanmi	shihonage kaitenage ikkyo nikyo kotegaeshi iriminage	omote & ura
	shomen	jiu waza	
	ushiro ryokatadori	kotegaeshi sankyo	
TACHI WAZA	shomen <i>yokomen</i>	ikkyo nikyo shihonage kotegaeshi iriminage	omote & ura omote & ura
	katadori menuchi	ikkyo shihonage iriminage kotegaeshi	
	chudantsuki	jiu waza	
	jodantsuki	jiu waza	
	ryotedori	tenchinage koshinage	
	ushiro ryotedori	ikkyo shihonage iriminage kotegaeshi	
TANTO DORI	chudantsuki	jiu waza	
	shomen	jiu waza	
JO DORI		jiu waza	
JO NAGE		jiu waza	
KAKARI GEIKO	shomen	jiu waza	