



# Kihon

## Legende

rückwärts <<< **Oi-komi (laufen)** >>> vorwärts  
 rückwärts << **Tsuri-ashi (setzen)** >> vorwärts  
 rückwärts < **Yori-ashi (gleiten)** > vorwärts  
 \* **Optionaltechniken** für Jukuren-Prüfungskandidaten

<b>1 Tsuki-Waza</b> vorwärts	<b>2 Uchi-Waza</b> vorwärts	<b>3 Gedan-Uke</b> vorwärts	<b>4 Jodan-Uke</b> vorwärts
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<b>1 DAN</b>	>>> Sanbon-Zuki	>>> Jodan Tate-Empi-Uchi > Kiba-Dachi Yoko-Empi-Uchi Zenkutsu-Dachi Gyaku-Haito-Uchi	>>> Gedan-Barai, Gyaku-Zuki, Uraken-Uchi	>>> Age-uke, Gyaku-zuki, Mae-Empi-Uchi
<b>2 DAN</b>	> Jodan Kizami-Zuki >>> Jodan Oi-Zuki >> Chudan Gyaku-Zuki >>> Chudan Gyaku-Zuki	>>> Uraken-Uchi >> Kizami-Mae-Geri / Gyaku-Haito-Uchi > Sanchin-Dachi Mae-Empi-Uchi	< Gyaku-Gedan-Barai >>> * <i>Ura-Mawashi-Geri</i> , Shuto-Uchi >> Gyaku-Shuto-Uchi	< Gyaku-Age-Uke >>> * <i>Mawashi-Geri</i> / Gyaku-Zuki >> Tate-Empi-Uchi
<b>3 DAN</b>	< Jodan Kizami-Zuki-Uke, Gyaku-Zuki >> Kizami-Zuki, Gyaku-Zuki > Fudo-Kamae > Gyaku-Zuki >>> Gyaku-Zuki	< Gyaku-Soto-Shuto-Uchi >>> Uchi-Shuto-Uchi >>> rw Drehung Kiba-Dachi Uchi-Haito-Uchi, Zenkutsu-Dachi Gyaku-Haito-Uchi, Kiri-Gaeshi, Soto-Shuto-Uke, Otoshi-Shuto-Uchi	< Gedan-Barai < Uchi-Ude-Uke, Gyaku-Zuki >>> Kizami-Mae-Geri, Gyaku-Zuki > Fudo-Kamae >>> Uraken-Uchi	< Age-Uke < Soto-Ude-Uke, Gyaku-Zuki >>> * <i>Kizami-Mawashi-Geri</i> , Gyaku-Zuki, > Fudo-Kamae > Kizami-Zuki >>> Oi-Zuki
<b>4 DAN</b>	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)



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rückwärts <<< **Oi-komi (laufen)** >>> vorwärts  
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 \* **Optionaltechniken** für Jukuren-Prüfungskandidaten

<b>5 Chudan-Uke</b> vor- +rückwärts	<b>6 Shuto-Uke</b> vor- +rückwärts	<b>7 Keri-Waza</b> vorwärts	<b>8 Keri-Waza</b> seitwärts
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<b>1 DAN</b>	>>> + <<< Soto-ude-uke, Gyaku-Zuki, Gyaku-Uchi-ude-uke, Jodan Kizami-zuki	>>> + <<< Kokutsu-Dachi Shuto-Uke, Kizami-Mae-Geri, Zenkutsu-Dachi, Gyaku-Nukite, Shuto-Uchi, Gyaku-Shuto-Uchi	Chudan Kizami-Mawashi-Geri, >>> * <b>Ushiro-Geri</b> , <b>Uraken-Uchi</b> , Gyaku-Zuki	>> Kiba-dachi (Kosa-Dachi) Yoko-Geri Keage, >>> Kiba-Dachi Yoko-Geri Kekomi
<b>2 DAN</b>	< Gyaku-Soto-Ude-Uke >>> * <b>Yoko-Geri Kekomi</b> , Uraken-Uchi >> Gyaku-Zuki < Gyaku-Uchi-Ude-Uke <<< Kizami-Zuki, Kizami-Mae-Geri, Gyaku-Zuki	>>> + <<< Kokutsu-Dachi Shuto-Uke / Zenkutsu-Dachi Gyaku-Haito-Uchi, Neko-Ashi-Dachi Shuto-Uke, Kizami-Mae-Geri, Gyaku-Nukite-Zuki	Chudan Kizami-Mawashi-Geri, >>> * <b>Mawashi-Geri</b> , Gyaku-Zuki >> Uraken-Uchi	Kiba-dachi * <b>Kizami-Yoko-Geri Keage</b> >>> * <b>Ushiro-Geri</b> , Yoko-Empi-Uchi, Otoshi-Uraken-Uchi
<b>3 DAN</b>	< Soto-Ude-Uke < Gedan-Barai > Uraken-Uchi >>>* <b>Ushiro-Geri</b> > Fudo-Kamae > Otoshi-Uraken-Uchi	< Kokutsu-Dachi Shuto-Uke, Gyaku-Nukite-Zuki < Kosa-Dachi Tate-Shuto-Uke >>>* <b>Yoko-Geri-Kekomi</b> > Fudo-Kamae > Uchi-Shuto-Uchi	Kiri-Gaeshi, Mae-Geri >>> Mae-Geri, * <b>Mawashi-Geri</b> > Fudo-Kamae >>> <b>Ura-Mawashi-Geri</b>	< Fudo-Dachi Soto-Teisho-Uke > Kiba-dachi Kakuto-Uchi >>> rw Drehung Kiba-Dachi * <b>Ushiro-Geri</b> , Uchi-Shuto-Uchi >> * <b>Kizami-Ura-Mawashi-Geri</b> , Zenkutsu-Dachi Gyaku-Haito-Uchi
<b>4 DAN</b>	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)	Tokui Waza (4-6 Techniken)