2. Dan

Pulheim, 29.12.2019

*Nagewaza*

9. bis 16. Form Iriminage  
9. Form Katate-ryōtedori verschiedene Iriminage  
10. Form Ryōtedori verschiedene Kotegaeshi  
10. Form Ryōtedori Shihōnage  
10. Form Ryōtedori Kaitennage omote & ura waza  
10. Form Ryōtedori Tenchinage omote & ura waza  
13. Form Ushiro-ryōtedori Shihōnage  
13. Form Ushiro-ryōtedori verschiedene Kotegaeshi

*Osaewaza*

13. Form Ushiro-ryōtedori Ikkyō omote & ura waza  
13. Form Ushiro-ryōtedori Nikyō omote & ura waza  
13. Form Ushiro-ryōtedori Sankyō omote & ura waza  
10. Form Ryōtedori Yonkyō omote & ura waza

*Suwariwaza*

5. Form Shōmenuchi Ikkyō omote & ura waza  
5. Form Shōmenuchi Technik frei

*Tachidori*

5. Form Shōmenuchi Technik frei, Bokuto abnehmen (Uke hat Bokuto)  
Ki musubi no tachi  
Kumitachi 1 – 6

*Taninzūwaza*

Randori mit drei Uke