

1. Dan

Bad Kissingen, 2018

Nagewaza

1. - 8. Form	Iriminage	
8. Form	Iriminage	verschiedene
8. Form	Kotegaeshi	verschieden
8. Form	Shihonage	omote waza
8. Form	Tenchinage	
7. Form	Kotegaeshi	verschiedene
7. Form	Iriminage	verschiedene
7. Form	Shihonage	omote waza & ura waza
7. Form	Kaitennage	verschiedene
7. Form	Tenchinage	

Osaewaza

7. Form	Ikkyō	omote waza & ura waza
7. Form	Nikyō	omote waza & ura waza
7. Form	Sankyō	omote waza & ura waza
7. Form	Yonkyō	omote waza & ura waza
8. Form	Ikkyō	omote waza & ura waza
8. Form	Nikyō	omote waza & ura waza
8. Form	Sankyō	omote waza & ura waza
8. Form	Yonkyō	omote waza & ura waza

Suwariwaza

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

Koshiwaza

5. Form	Koshinage	verschiedene
---------	-----------	--------------

Tantōdori

5. Form	Gokyo ura waza
6. Form	Gokyo ura waza
6. Form	Technik frei
7. Form	Technik frei

Jōdori

Chokuzuki jōdangāeshi

Chokuzuki gedangāeshi #1

Chokuzuki gedangāeshi #2

Kāeshizuki jōdangāeshi

Kāeshizuki gedangāeshi #1

Kāeshizuki gedangāeshi #2

Gyakuzuki jōdangāeshi

Gyakuzuki gedangāeshi #1

Gyakuzuki gedangāeshi #2

Gyakuzuki shihōzuki [vier Richtungen]

Shōmenuchi hasso

Shōmenuchi hasso shihō [vier Richtungen]

Shōmenuchi hasso chūdanzuki (hasso) ushirozuki

Shōmenuchi hasso chūdanzuki hasso kōhōbarai

Shōmenuchi katate-gedangāeshi

Shōmenuchi katate-gedangāeshi-Variation hasso

Tōma-katateuchi [Daumen nach hinten beim Auffangen, eine Linie mit dem Körper]

Katate-hachinojigāeshi hasso [mit der rechten Hand nehmen und Technik ausführen]

Yokomenuchi nagaregāeshi chokuzuki

25er Kata

Taninzūwaza

Randori mit zwei Uke