

3. Dan

Karlsruhe, 02.04.2023

Nagewaza

5. Form	Shōmenuchi	Technik frei
9. Form	Katate-ryōtedori	Technik frei
12. Form	Ryōkatadori	Technik frei
13. Form	Ushiro-ryōtedori	Technik frei
16. Form	Ushiro-katatekubishime-katatedori	Technik frei

Osaewaza

10. Form	Ryōtedori	Osaewaza Technik Frei
13. Form	Ushiro-ryōtedori	Sankyō omote & ura waza
13. Form	Ushiro-ryōtedori	Ikkyō omote & ura waza

Suwariwaza

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

Hanmihantachiwaza

2. Form	Gyakuhanmi-katatedori	Technik frei
2. Form	Gyakuhanmi-katatedori	Shihōnage omote waza
2. Form	Gyakuhanmi katatedori	Shihōnage ura waza
15. Form	Ushiro ryōkatadori	Technik frei

Jōdori

1. Form	Aihanmi-katatedori	Technik frei (Tori hat Jō)
2. Form	Gyakuhanmi-katatedori	Technik frei (Tori hat Jō)
7. Form	Chūdanzuki	Technik frei, Jō abnehmen (Uke hat Jō)

Kumijō 1 – 6

25er Kata mit Partner (Schwert-Teil)

Taninzūwaza

Randori mit vier Uke