

# Prüfungsprogramm 3. KYU

| <b>SUWARIWAZA</b>     |    |                    |                         |
|-----------------------|----|--------------------|-------------------------|
| Shomenuchi Kiawase    | 1  | Ikkyo Omote/Ura    |                         |
|                       | 2  | Nikyo Omote/Ura    |                         |
|                       | 3  | Iriminage          | bis Osae                |
| Katatetori Gyakuhanmi | 4  | Shihonage          | Hanmi Hantachi          |
| <b>TACHIWAZA</b>      |    |                    |                         |
| Shomenuchi Kiawase    | 5  | Iriminage          |                         |
|                       | 6  | Kotegaeshi         |                         |
|                       | 7  | Sumiotoshi         |                         |
|                       | 8  | Aikigoshi          |                         |
|                       | 9  | Shihonage          |                         |
|                       | 10 | Udekimenage        |                         |
|                       | 11 | Uchikaitennage     |                         |
|                       | 12 | Ikkyo Ura          | Kakarigeiko (3 Uke)     |
| Katatetori Aihanmi    | 13 | Ikkyo Omote/Ura    |                         |
|                       | 14 | Nikyo Omote/Ura    |                         |
|                       | 15 | Sankyo Omote/ura   |                         |
|                       | 16 | Shihonage          |                         |
|                       | 17 | Uchikaitensankyo   |                         |
| Katatetori Gyakuhanmi | 18 | Uchikaitensankyo   |                         |
| Ryotetori             | 19 | Shihogirikokyunage | Irimi Tenkan Sabaki     |
|                       | 20 | Torifunekokyunage  | Irimi Tenkan Sabaki     |
| Katate Ryotetori      | 21 | Genkeikokyunage    | Tanren Tenkan Sabaki    |
|                       | 22 | Kiriotoshi         | Kigata                  |
|                       | 23 | Maeotoshi          |                         |
|                       | 24 | Hikiotoshi         |                         |
|                       | 25 | Kotegaeshi         | Kigata                  |
| Ushiro Ryotetori      | 26 | Tenchinage         |                         |
|                       | 27 | Genkeikokyunage    |                         |
| Katatori Menuchi      | 28 | Iriminage          |                         |
|                       | 29 | Ikkyo              |                         |
| Yokomenuchi           | 30 | Kotegaeshi         | Ushiroashi Irimi Tenkan |
|                       | 31 | Ikkyo              | Kirioroshi              |
|                       | 32 | Ipponseoi          | Sankakutai              |