

FDAV Kyu-Prüfungsordnung

6. Kyu

Tachi waza	Shomen uchi Shomen uchi Gyakuhanmi katate dori	Ikkyo Irimi nage Shiho nage
Suwari waza	Ryote dori	Kokyuhō
Etikette	Seiza, Rei ...	
Ukemi	Mae, Ushiro	
Tai-Sabaki	Irimi, Tenkan	
Shikko		

5. Kyu

Tachi waza	Yokomen uchi Yokomen uchi Yokomen uchi Yokomen uchi Yokomen uchi	Ikkyo Shiho nage Udekime nage Kote gaeshi Irimi nage
Suwari waza		Kokyuhō

4. Kyu

Tachi waza	Ryote dori Ryote dori Ryote dori Kata dori Kata dori Kata dori Aihanmi katate dori Aihanmi katate dori Katate ryote dori	Tenchi nage Irimi nage Shiho nage Nikyo Sankyo Koshi nage Irimi nage Nikyo Kokyu nage
Suwari waza	Ryote dori	Kokyuhō

3. Kyu

Suwari waza	Shomen uchi	Ikkyo	Ushiro waza	Ushiro ryote dori	Ikkyo
	Shomen uchi	Nikyo		Ushiro ryote dori	Nikyo
	Shomen uchi	Sankyo		Ushiro ryote dori	Sankyo
	Shomen uchi	Yonkyo		Ushiro ryote dori	Irimi nage
	Shomen uchi	Irimi nage		Ushiro ryote dori	Shiho nage
Tachi waza	Muna dori	Shiho nage	Tanto dori	Chudan tsuki	Ikkyo
	Muna dori	Irimi nage		Chudan tsuki	Kote gaeshi
	Muna dori	Kote gaeshi		Chudan tsuki	Irimi nage
	Yokomen uchi	Nikyo		Chudan tsuki	Udekime nage
	Yokomen uchi	Gokyo		Chudan tsuki	Hiji kime osae
	Yokomen uchi	Koshi nage	Suwari waza	Ryote dori	Kokyuho
	Chudan tsuki	Kaiten nage			
	Chudan tsuki	Irimi nage			
	Chudan tsuki	Kote gaeshi			
	Chudan tsuki	Hiji kime osae			

Grundlagen Jo (Kamae, Tsuki ...)

Grundlagen Bokken (Kamae, Kiri Otoshi ...)

2. Kyu

Suwari waza	Yokomen uchi	Ikkyo	Ushiro waza	Ushiro ryokata dori	Ikkyo		
	Yokomen uchi	Nikyo		Ushiro ryokata dori	Nikyo		
	Yokomen uchi	Sankyo		Ushiro ryokata dori	Sankyo		
	Yokomen uchi	Yonkyo		Ushiro ryokata dori	Kote gaeshi		
	Shomen uchi	Kote gaeshi		Ushiro katate dori kubishime	Ikkyo		
Hanmihandachi waza	Gyakuhanmi katate dori	Shiho nage	Tanto dori	Ushiro katate dori kubishime	Koshi nage		
	Gyakuhanmi katate dori	Uchi kaiten nage		Ushiro katate dori kubishime	Shiho nage		
	Gyakuhanmi katate dori	Soto kaiten nage		Ushiro katate dori kubishime	Kote gaeshi		
	Gyakuhanmi katate dori	Ikkyo		Shomen uchi	Gokyo		
	Gyakuhanmi katate dori	Nikyo		Shomen uchi	Kote gaeshi		
	Gyakuhanmi katate dori	Sumi otoshi		Yokomen uchi	Irimi nage		
Tachi waza	Kata dori men uchi	Ikkyo	Jo dori	Jo tori	Jiyu waza		
	Kata dori men uchi	Nikyo				Jo nage	Jiyu waza
	Kata dori men uchi	Sankyo					
	Kata dori men uchi	Yonkyo					
	Kata dori men uchi	Shiho nage					
	Kata dori men uchi	Irimi nage	Anmerkung: Katate ryote dori = Morote dori				
	Kata dori men uchi	Koshi nage					
	Katate ryote dori	Ikkyo					
	Katate ryote dori	Kote gaeshi					
	Katate ryote dori	Irimi nage					
	Katate ryote dori	Udekime nage					
	Jodan tsuki	Shiho nage					
	Jodan tsuki	Koshi nage					
	Jodan tsuki	Nikyo					
	Jodan tsuki	Kokyu nage					

1. Kyu

Suwari waza	Ryokata dori	Ikkyo	Ushiro waza	Ushiro ryote dori	Koshi nage		
	Ryokata dori	Nikyo		Ushiro ryote dori	Juji garami nage		
	Ryokata dori	Sankyo		Ushiro ryote dori	Aiki otoshi		
	Yokomen uchi	Sankyo		Ushiro ryokata dori	Kokyu nage		
	Yokomen uchi	Yonkyo		Ushiro ryokata dori	Sankyo		
	Yokomen uchi	Gokyo		Ushiro katate dori kubishime	Ude kime nage		
	Yokomen uchi	Kote gaeshi		Ushiro katate dori kubishime	Kokyu nage		
	Yokomen uchi	Irimi nage		Ushiro eri dori	Ikkyo		
Hanmihandachi waza	Ryote dori	Shiho nage	Tanto dori	Ushiro eri dori	Shiho nage		
	Ryote dori	Irimi nage		Ushiro eri dori	Kote gaeshi		
	Ryote dori	Kote gaeshi		Ushiro eri dori	Kokyu nage		
	Ushiro ryokata dori	Ikkyo		Tsuki, Shomen/Yokomen uchi	Jiyu waza		
	Ushiro ryokata dori	Sankyo					
	Ushiro ryokata dori	Kote gaeshi					
Tachi waza			Jo dori	Jo tori	Jiyu waza		
				Jo nage	Jiyu waza		
	Muna dori men uchi	Ikkyo	Tachi dori	Kiri otoshi	Jiyu waza		
	Muna dori men uchi	Nikkyo					
	Muna dori men uchi	Koshi nage					
	Muna dori men uchi	Juji garami nage					
	Sode dori	Irimi nage					
	Sode dori	Shiho nage					
	Ryote dori	Koshi nage					
	Katate ryote dori	Koshi nage					
	Shomen uchi	Shiho nage					
	Shomen uchi	Koshi nage					
	Yokomen uchi	Hiji kime osae					
	Yokomen uchi	Kiri otoshi					
		Suwari waza				Ryote dori	Kokyuho