



Prüfungsprogramm 3.KYU

Angriff		Technik	Erläuterungen
SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Nikyo Omote/Ura	
	3	Iriminage	bis Osae
Katatetori Gyakuhanmi	4	Shihonage	Hanmi Hantachi
TACHIWAZA			
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	
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, Kirioroshi, Sankakutai
	31	Ikkyo	
	32	Ipponseoi	

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Carlos Lopez

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