

Rahmenprüfungsordnung forum ki shin tai für den 5. bis 1. Kyu

tachi waza

nage waza

	irimi nage	soku-men irimi nage	shiho nage (omote / ura)	kote gaeshi	tenchi nage	ude kime nage	uchi kaiten nage (omote / ura)	soto kaiten nage (omote / ura)	kokyu nage	koshi nage	sumi otoshi	aiki otoshi	juji garami
ai hanmi (katate dori)	5		5	5						2			
(gyaku hanmi) katate dori	4	4	4	4	4	4	4	4	4	2	4		
muna dori	1		1	1									
kata dori											1		
kata dori men uchi	3		3	3					2				
(sho-) men uchi	5		2	5	2	2	2	2					
yokomen uchi	3		3	3	1	1	1	1	1	1			
katate ryote dori	2		2	2					2	1			1
ryote dori	2		2	2	2	2							
ryo kata dori (mae)		1							1				
chudan tsuki	1		1	1			1	1					
jodan tsuki	1		1	1									
ushiro ryote dori	2		1	1					2				1
ushiro ryo hiji dori									1				
ushiro ryo kata dori	2	2	2						1				
ushiro katate eri dori			1										
ushiro kubi shime katate dori			1										

osae waza

ikkyo (omote / ura)	nikyo (omote / ura)	sankyo (omote / ura)	yonkyo (omote / ura)	gokyo (omote / ura)	hiji kime osae	uchi kaiten sankyo
5	4	3	2			
4	4	3	2			
2	2	2	2			
4	4	3	2			
3	3	3	2			
5	3	3	2	1		
1	1	1	1	1		
2	2	2	2			
2	2	2	2			
1	1	1	1			1
1	1	1	1		1	
3	3	3	2			
1	1	1	1			
2	2	2	2			
1						
1						

suwari waza

ai hanmi (katate dori)	4												
(sho)men uchi	4												
(gyaku hanmi) katate dori	4												
kata dori													
yokomen uchi	2												

4	3	3	2	1		
4	3	3	2	1		
3	3	3	2	1		
3	3	3	2			
2	2	2	2	1		

hanmi han tachi waza

(gyaku hanmi) katate dori			3	2			3	2					
ryote dori			2										
shomen uchi	1			1				2					
ushiro ryo kata dori								1					

1	1	1	1			
1	1	1	1			