



8. Kyu - Gelbgurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Mae Geri
	Uke Waza	Age Uke
		Soto Uke
Gedan Barai		
Kihon No Onsoku	Zenkutsu Dachi	Oi Tsuki Chodan
		Mae Geri
		Gedan Barai
	Sanchin Dachi	Uraken Uchi
		Enpi Uchi
		Soto Uke
Kata	Kihon Kata	Gekisai Dai Ichi
Bunkai	Kihon Kata	2 aus Gekisai Dai Ichi
Kumite	Jiyu Ippon Kumite	Kontrolliert, Zeitlupe
Mündliche Befragung	Japanisch	Zählen bis 10



7. Kyu - Orangegurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Mae Geri
		Mawashi Geri
	Uke Waza	Age Uke
		Soto Uke
		Gedan Barai
Kake Uke		
Kihon No Onsoku	Zenkutsu Dachi	Oi Tsuki Chodan
		Mae Geri
		Gedan Barai
	Sanchin Dachi	Uraken Uchi
		Enpi Uchi
		Soto Uke
	Shiko Dachi	90 Tetsui
		45 Gedan Barai
	Kata	Kihon Kata
Bunkai	Kihon Kata	2 aus Gekisai Dai Ni
Kumite	Ippon Kumite	Age Uke, Gyaku Tsuki
		Soto Uke, Gyaku Tsuki
		Gedan Barai, Uraken Uchi
	Jiyu Ippon Kumite	Kontrolliert, Zeitlupe
Mündliche Befragung	Japanisch	Begriffe 1





6. Kyu - Grüngurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Kisame Tsuki
		Mae Geri
	Uke Waza	Mawashi Geri
		Age Uke
		Soto Uke
		Gedan Barai
		Kake Uke
Kihon No Onsoku	Zenkutsu Dachi	Uchi Uke
		Oi Tsuki Chodan
		Mae Geri
		Gedan Barai
	Sanchin Dachi	Soto Uke, Gyaku Tsuki
		Uraken Uchi
		Enpi Uchi
		Soto Uke
	Shiko Dachi	Age Uke, Gyaku Tsuki
		90 Tetsui
	Neko Ashi Dachi	45 Gedan Barai
		Kake Uke
	Kata	Kihon Kata
Bunkai	Kihon Kata	2 aus Saifa
Kumite	Ippon Kumite	Age Uke, Gyaku Tsuki
		Soto Uke, Gyaku Tsuki
		Gedan Barai, Uraken Uchi
		Shuto Uke, Mae Geri, Nukite
	Otoshi Uke, Uraken Uchi	
Jiyu Ippon Kumite	Kontrolliert, Zeitlupe	
Mündliche Befragung	Japanisch	Begriffe 2



5. Kyu - Blaugurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Kisame Tsuki
		Mae Geri
		Mawashi Geri
		Kansetsu Geri
	Uke Waza	Age Uke
		Soto Uke
		Gedan Barai
		Kake Uke
		Uchi Uke
		Mawashi Uke
		Kihon No Onsoku
Mae Geri, Oi Tsuki		
Mawashi Geri		
Kisame Tsuki		
Sanchin Dachi	Uraken Uchi	
	Enpi Uchi	
	Soto Uke	
	Age Uke, Gyaku Tsuki	
Shiko Dachi	90 Tetsui	
	45 Gedan Barai	
	Gedan Barai, ZD Gyaku Tsuki	
Neko Ashi Dachi	Kake Uke, HD Teisho Ate	
Kata	Kihon Kata	
Bunkai	Kihon Kata	2 aus Sanseiru
Kumite	Yakosuko Kumite	Übung 1
		Übung 2
Mündliche Befragung	Jiyu Ippon Kumite	Kontrolliert
	Japanisch	Begriffe 3
		Rei



4. Kyu - Blaugurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Kisame Tsuki <i>aus SHD</i>
		Mae Geri
		Mawashi Geri
		Kansetsu Geri
	Uke Waza	Age Uke
		Soto Uke
		Gedan Barai
		Kake Uke
		Uchi Uke
		Mawashi Uke
		Morote Uke
Kihon No Onsoku	Zenkutsu Dachi	Soto Uke, Gyaku Tsuki
		Mae Geri, Oi Tsuki
		Mawashi Geri, Gyaku Tsuki
		Kisame Tsuki
	Sanchin Dachi	Uchi Uke, Uraken Uchi
		Mae Geri, Enpi Uchi
		Soto Uke, Kansetsu Geri
		Age Uke, Gyaku Tsuki
	Shiko Dachi	90 Seiken Tsuki
		Gedan Barai, ZD Gyaku Tsuki
	Neko Ashi Dachi	Kake Uke, HD Teisho Ate
Kata	Kihon Kata	Sanseiru (Rhythmus)
		Seiyunchin (Ablauf)
Bunkai	Kihon Kata	2 aus Sanseiru
Kumite	Yakosuko Kumite	Übung 1
		Übung 2
Mündliche Befragung	Jiyu Ippon Kumite	Kontrolliert
		Japanisch
		Begriffe 4
		Senpai-Kouhai



3. Kyu - Braungurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki
		Uraken Uchi
		Enpi Uchi
		Kisame Tsuki <i>aus SHD</i>
		Mae Geri
		Mawashi Geri
		Kansetsu Geri
		Ushiro Geri
	Uke Waza	Age Uke
		Soto Uke
		Gedan Barai
		Kake Uke
		Uchi Uke
		Mawashi Uke <i>aus NAD</i>
Morote Uke		
Shuto Uke		
Kihon No Onsoku	Zenkutsu Dachi	Soto Uke, Gyaku Tsuki
		Mae Geri, Oi Tsuki
		Mawashi Geri, Gyaku Tsuki
		Kisame Tsuki, Mawashi Geri
	Sanchin Dachi	Uchi Uke, Uraken Uchi
		Mae Geri, Enpi Uchi
		Soto Uke, Kansetsu Geri
		Age Uke, Gyaku Tsuki
	Shiko Dachi	90 Seiken Tsuki
		Gedan Barai, ZD Gyaku Tsuki
	Neko Ashi Dachi	Kake Uke, HD Teisho Ate
	Kata	Kihon Kata
Shisochin (Ablauf)		
Bunkai	Kihon Kata	2 aus Seiyunchin
Kumite	Yakosuko Kumite	Übung 1
		Übung 2
Mündliche Befragung	Jiyu Ippon Kumite	3 Kämpfe
		Japanisch
		Geschichte Goju-Ryu



2. Kyu - Braungurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki <i>aus NAD</i>	
		Uraken Uchi	
		Enpi Uchi	
		Kisame Tsuki <i>aus SHD</i>	
		Mae Geri	
		Mawashi Geri	
		Kansetsu Geri	
		Ushiro Geri	
		Mawashi Tsuki	
		Tetsui Uchi	
	Uke Waza	Age Uke	
		Soto Uke	
		Gedan Barai	
		Kake Uke	
		Uchi Uke	
		Mawashi Uke <i>aus NAD</i>	
		Morote Uke	
		Shuto Uke	
		Kihon No Onsoku	Zenkutsu Dachi
Mae Geri, Oi Tsuki			
Mawashi Geri, Gyaku Tsuki			
Kisame Tsuki, Mawashi Geri			
Sanchin Dachi	Age Uke, Gyaku Tsuki		
	Mawashi Uke		
	Soto Uke, Kansetsu Geri		
Shiko Dachi	Gedan Barai, ZD Gyaku Tsuki		
	90 Gedan Barai, Uraken Uchi		
Neko Ashi Dachi	Kake Uke, HD Teisho Ate		
	Kake Uke, Kansetsu Geri		
Kata	Kihon Kata		Shisochin (Rhythmus)
	Tanren Kata		Tensho (Ablauf)
		Sanchin (Ablauf)	
Bunkai	Kihon Kata	2 aus Seipai	
Kumite	Yakosuko Kumite	Übung 1	
		Übung 2	
	Jiyu Ippon Kumite	3 Kämpfe	
Mündliche Befragung	Japanisch	Begriffe 6	
		Goju-Ryu Tradition Schweiz	



1. Kyu - Braungurt

Kihon	Tsuki Waza / Uchi Waza / Keri Waza	Seiken Tsuki <i>aus NAD</i>		
		Uraken Uchi		
		Enpi Uchi		
		Kisame Tsuki <i>aus SHD</i>		
		Mae Geri		
		Mawashi Geri		
		Kansetsu Geri		
		Ushiro Geri		
		Mawashi Tsuki		
		Tetsui Uchi <i>aus SHD</i>		
	Uke Waza	Age Uke		
		Soto Uke		
		Gedan Barai		
		Kake Uke		
		Uchi Uke		
		Mawashi Uke <i>aus NAD</i>		
		Morote Uke		
		Shuto Uke		
		Kihon No Onsoku	Zenkutsu Dachi	Soto Uke, Gyaku Tsuki
				Mae Geri, Oi Tsuki
Mawashi Geri, Gyaku Tsuki				
Kisame Tsuki, Mawashi Geri				
Sanchin Dachi	Age Uke, Gyaku Tsuki			
	Mawashi Uke			
	Soto Uke, Kansetsu Geri			
Shiko Dachi	Gedan Barai, ZD Gyaku Tsuki			
	90 Gedan Barai, Uraken Uchi			
Neko Ashi Dachi	Kake Uke, HD Teisho Ate			
	Kake Uke, Kansetsu Geri			
Kata	Kihon Kata		Seiyunchin (Rhythmus)	
		Shisochin (Rhythmus)		
		Freie Wahl (Rhythmus)		
	Tanren Kata	Tensho (Rhythmus)		
Sanchin (Rhythmus)				
Bunkai	Kihon Kata	2 aus den drei Kihon Katas		
Kumite	Yakusuko Kumite	Übung 1		
		Übung 2		
	Jiyu Ippon Kumite	3 Kämpfe		

