

5. Kyu

<u>1.Form (Aihamni Katatedori)</u>	Iriminage
<u>1.Form</u>	Kotegaeshi
<u>1.Form</u>	Shihonage Omote
<u>1.Form</u>	Shihonage Ura

4. Kyu

<u>1.Form (Aihamni Katatedori)</u>	Iriminage
<u>2.Form (Gyakuhamni Katatedori)</u>	Iriminage
<u>2.Form</u>	Kotegaeshi
<u>2.Form</u>	Shihonage Omote + Ura
<u>2.Form</u>	Uchi-Kaitennage Omote
<u>2.Form</u>	Tenchinage
<u>1.Form (Aihamni Katatedori)</u>	Ikkyo Omote + Ura
<u>2.Form (Gyakuhamni Katatedori)</u>	Ikkyo Omote + Ura

3. Kyu

<u>1. bis 3.Form</u>	Iriminage
<u>3.Form</u>	Kotegaeshi
<u>3.Form (Katadori Menuchi)</u>	Shihonage Omote
<u>2.Form (Gyakuhamni Katatedori)</u>	Kaitennage (4 verschiedene)
<u>3.Form (Katadori)</u>	Tenchinage
<u>3.Form</u>	Ikkyo und Nikkyo Omote + Ura
<u>1.Form (Aihamni Katatedori)</u>	Nikkyo Omote + Ura

2. Kyu

<u>1. bis 5. Form</u>	Iriminage
<u>4. Form (Munedomi)</u>	Iriminage (4 verschiedene)
<u>4. Form</u>	Kotegaeshi (4 verschiedene)
<u>4. Form</u>	Shihonage Omote
<u>5. Form (Shomen Uchi)</u>	Shihonage Omote
<u>5. Form</u>	Kotegaeshi
<u>5. Form</u>	Kaitennage (4 verschiedene)
<u>5. Form</u>	Tenchinage
<u>4. Form (Munedomi)</u>	Ikkyo bis Sankyo Omote + Ura
<u>5. Form (Shomen Uchi)</u>	Ikkyo volles Tempo
<u>1. Form (Aihamni Katatedori)</u>	Kokyunage

1. Kyu

<u>1. bis 6. Form</u>	Iriminage
<u>6. Form (Yokomen Uchi)</u>	Iriminage (4 verschiedene)
<u>6. Form</u>	Kotegaeshi (4 verschiedene)
<u>6. Form</u>	Shihonage Omote + Ura
<u>6. Form</u>	Kaitennage (4 verschiedene)
<u>6. Form</u>	Tenchinage
<u>6. Form</u>	Ikkyo bis Yonkyo Omote + Ura
<u>5. Form (Shomen Uchi)</u>	Sankyo Omote + Ura (evtl. weitere Hebeltechniken)
<u>5. Form (Shomen Uchi)</u>	Ikkyo volles Tempo
<u>2. Form (Gyakuhamni Katatedori)</u>	Kokyunage