









Anti Violence Concept Prüfungsprogramm

Stand August 2010

Grad (Titel, Menkyo)	Programm	Gurtfarbe
9. Kyu	1. Uke: Junzucki Jodan, Mawashizucki Jodan 2. Kihon	
8. Kyu	1. Uke: Junzucki Chudan 2. Kihon	
7. Kyu	1. Uke: Renzuko Waza - Junzucki Jodan + Junzucki Chudan - Mawashizucki Jodan + Junzucki Chudan 2. Kihon	
6. Kyu	1. Uke: Renzuko Waza - Henka no Junzucki Jodan + Junzucki Chudan+ Mawashizucki Jodan + Mawashizucki Chudan Tori: Chudan Barai + Junzucki Jodan 2. Kihon	
5. Kyu	1. Uke: Mawashi Empi Tori: Mawashi Empi + Henka 2. Kihon	
4. Kyu	1. Uke: Ushiro Keriwaza + Ushiro Zuckiwaza 2. Jiyu Kumite 3. Kihon	
3. Kyu	1. Uke: - Hanbo - Nage-Waza 2. Idori 3. Kakie Omote Ipponme 4. Kihon	
2. Kyu	1. Uke: Tanto 2. Tori: Hanbo 3. Jiyu Kumite San-Tori 4. Kakie Omote Ipponme 5. Kihon	
1. Kyu	1. Uke: Tanto 2. Tori: Tanto, Henka no Gyuakutori, Henka no Onikodaki 3. Kakie Omote Ipponme 4. Kihon	
1. Dan (Sempai)	Kakie - Omote Nihonme - Omote Sanbonme - Omote Yonhonme	
2. Dan (Sempai)	Kakie - Omote Gohonme - Omote Ropponme - Omote Nanahonme	
3. Dan (Sensei)	Kakie - Nukite Ipponme - Nukite Nihonme	

4. Dan (Sensei)	Kakie - Nukite Sanbonme - Nukite Yonhonme	
5. Dan (Sensei, Kaiden)	Kakie - Okuden Ipponme - Okuden Nihonme - Okuden Sanbonme	
6. Dan (Kyoshi)	Kakie - Okuden Yonhonme - Okuden Gohonme	
7. Dan	Kakie - Okuden Ropponme - Okuden Nanahonme	
8. Dan (Hanshi)	Kakie Okuden Happonme Okuden Keri Waza	
9. Dan		
10. Dan (Shihan, Menkyo Kaiden)		
Stilgründer		

Kihon 9. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki

5. Uke

- ▣ Jun Zucki jodan
- ▣ Mawashi Zucki

Kihon 8. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ O Goshi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Uke

- ▣ Jun Zucki chudan

Kihon 7. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

7. Uke

- ▣ Uke Renzuko Waza
- ▣ - Junzucki Jodan + Junzucki Chudan
- ▣ - Mawashizucki Jodan + Junzucki Chudan

Kihon 6. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku
- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori

- ▣ Musodori

7. Idori

- ▣ Yiu Ippon Kumite

8. Uke/Tori

- ▣ Uke: Renzuko Waza
- ▣ - Henka no Junzucki Jodan + Junzucki Chudan+ Mawashizucki Jodan + Mawashizucki Chudan
- ▣ Tori: Chudan Barai + Junzucki Jodan

Kihon 5. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Koshi Harai Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko
- ▣ Mae Tobi Geri
- ▣ Sokuto Tobi Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori
- ▣ Musodori

7. Jime Waza

- ▣ Nami-Juji-Jime
- ▣ Hadaka-Jime
- ▣ Ushiro-Jime

8. Idori

- ▣ Yiu Ippon Kumite

9. Uke/Tori

- ▣ Uke: Mawashi Empi
- ▣ Tori: Mawashi Empi + Henka

Kihon 4. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Koshi Harai Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko
- ▣ Mae Tobi Geri
- ▣ Sokuto Tobi Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori
- ▣ Musodori

7. Jime Waza

- ▣ Nami-Juji-Jime
- ▣ Hadaka-Jime
- ▣ Ushiro-Jime

8. Idori

- ▣ Jiyu Ippon Kumite

9. Uke/Tori

- ▣ Uke: Ushiro Keriwaza + Ushiro Zuckiwaza

10. Kumite

- ▣ Jiyu Kumite

Kihon 3. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Koshi Harai Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko
- ▣ Mae Tobi Geri
- ▣ Sokuto Tobi Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori
- ▣ Musodori

7. Jime Waza

- ▣ Nami-Juji-Jime
- ▣ Hadaka-Jime
- ▣ Ushiro-Jime

8. Idori

- ▣ Idori Jiyu Kumite

9. Uke/Tori

- ▣ Uke:
- ▣ - Hanbo
- ▣ - Nage-Waza

10. Kakie

- ▣ Kakie Omote Ipponme

Kihon 2. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Koshi Harai Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko
- ▣ Mae Tobi Geri
- ▣ Sokuto Tobi Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori
- ▣ Musodori

7. Jime Waza

- ▣ Nami-Juji-Jime
- ▣ Hadaka-Jime
- ▣ Ushiro-Jime

8. Uke/Tori

- ▣ Uke: Tanto
- ▣ Tori: Hanbo

9. Kumite

- ▣ Jiyu Kumite San-Tori

Kihon 1. Kyu

1. Nagare

- ▣ Mae Nagare
- ▣ Ushiro Nagare
- ▣ Yoko Nagare

2. Nage

- ▣ Osoto Gari
- ▣ Ippon Seio Nage
- ▣ Morote Seino Nage
- ▣ O Goshi
- ▣ Tomoe Nage
- ▣ Koshi Guruma
- ▣ Koshi Harai Guruma
- ▣ Soto Maki Komi

3. Keri

- ▣ Mae Geri
- ▣ Ushiro Geri
- ▣ Kin Geri
- ▣ Mawashi Geri
- ▣ Sokuto Geri
- ▣ Kakato Geri
- ▣ Fumikomi
- ▣ Sokuto Fumikomi
- ▣ Hiza Geri Mae
- ▣ Hiza Geri Yoko
- ▣ Mae Tobi Geri
- ▣ Sokuto Tobi Geri

4. Zucki

- ▣ Mawashi Zucki
- ▣ Morote Zucki
- ▣ Jun Zucki
- ▣ Gyaku Zucki
- ▣ Ura Ken
- ▣ Tetsui

5. Empi

- ▣ Mawashi Empi
- ▣ Yoko Empi

6. Gyaku Tori

- ▣ Ura Gyaku
- ▣ Omote Gyaku

- ▣ Takiori
- ▣ Onikodaki
- ▣ Mushadori
- ▣ Musodori

7. Jime Waza

- ▣ Nami-Juji-Jime
- ▣ Hadaka-Jime
- ▣ Ushiro-Jime

8. Uke/Tori

- ▣ Uke: Tanto, Kusari
- ▣ Tori: Tanto, Henka no Gyakutori, Henka no Onikodaki

9. Kakie

- ▣ Kakie Omote Ipponme