

Prüfungsvorbereitung 1. Kyu (braun)

Name des Prüflings:

Stand

20 Würfe

- davon 9 aus dem Erweiterungsprogramm (3.-1. Kyu)
- zusätzlich 1 Wahlpflichtfach
- je 2 Konter, 2 Finten, 2 Kombinationen



- | | | |
|--|---------------------------------|--------------------------------|
| <input type="checkbox"/> Morote-seoi-nage | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> O-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> De-ashi-barai | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Uki-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Tai-otoshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Ippon-seoi-nage | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> O-uchi-gari | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Ko-soto-gake | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Tsurikomi-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Sode-tsurikomi-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Ko-uchi-gari | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Sasae-tsurikomi-ashi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Uchi-mata | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Koshi-guruma | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> O-soto-gari | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Harai-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <hr/> | | |
| <input type="checkbox"/> Tomoe-nage | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Tani-otoshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Okuri-ashi-barai | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Tsuru-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Soto-makikomi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Sumi-gaeshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Ashi-guruma | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Utsuri-goshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input checked="" type="checkbox"/> Ura-nage | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input checked="" type="checkbox"/> Ko-uchi-makikomi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Uki-otoshi | <input type="checkbox"/> rechts | <input type="checkbox"/> links |
| <input type="checkbox"/> Kata-guruma | <input type="checkbox"/> rechts | <input type="checkbox"/> links |

Erweiterungsprogramm

Boden

14 Aktionen

- 4 Würgetechniken
- Wiederholung Standardsituation Boden 7.-4. Kyu
- 3 Positionswechsel
- Je 1 Übergang Stand zu Boden von Ai-yotsu zu Kenka-yotsu

- | |
|--|
| <input type="checkbox"/> Juji-gatame |
| <input type="checkbox"/> Ude-garami |
| <input type="checkbox"/> Waki-gatame |
| <input type="checkbox"/> Ude-gatame |
| <input type="checkbox"/> Hiza-gatame |
| <input type="checkbox"/> Sankaku-gatame |
| <input type="checkbox"/> Ashi-gatame |
| <input type="checkbox"/> Hara-gatame |
| <input type="checkbox"/> Gyaku-juji-jime |
| <input type="checkbox"/> Okuri-eri-jime (Koshi-jime) |
| <input type="checkbox"/> Hadaka-jime |
| <input type="checkbox"/> Kataha-jime |
| <input checked="" type="checkbox"/> Okuri-eri-jime |
| <input checked="" type="checkbox"/> Sode-guruma-jime |
| <input type="checkbox"/> Sankaku-jime |
| <input type="checkbox"/> Tsukkomi-jime |

(Platz für eigene Notizen:)