

VANADIS PRÜFUNGSORDNUNG

6. KYU

Mae ukemi, Ushiro ukemi
Tai no tenkan, Irimi tenkan
Tai no tenkan ho
Shikko mae

Tachi wasa

Ikkyo - Aihamni katate dori
Tenchi nage - Ryote dori

Suwari wasa

Seiza kokyu ho - Ryote dori

5. KYU

Tachi wasa

Ikkyo - Aihamni katate dori, Shomen uchi
Shihonage - Aihamni katate dori
Irimi nage - Aihamni katate dori, Shomen uchi
Tenchi nage - Katate dori

Suwari wasa

Seiza kokyu ho - Ryote dori
Shikko ushiro

4. KYU

Tachi wasa

Ikkyo - Katate dori, Kata dori
Nikyo - Katate dori, Kata dori, Aihamni katate dori
Sankyo - Ushiro ryote dori, Aihamni katate dori
Kote gaeshi - Aihamni katate dori, Shomen uchi, Katate dori
Shiho nage - Yokomen uchi
Irimi nage - Katate dori
Tenchi nage - Ryote dori
Uchi kaiten nage - Katate dori
Ude kime nage - Aihamni katate dori, Katate dori, Yokomen uchi
Sokumen irimi nage - Katate dori

Suwari wasa

Ikkyo - Aihamni katate dori, Shomen uchi
Irimi nage - Aihamni katate dori, Shomen uchi
Shikko kaiten

3. KYU

Tachi wasa

Ikkyo - Kata dori men uchi, Ryote dori, Yokomen uchi, Ushiro ryote dori
Nikyo - Katate ryote dori, Shomen uchi, Yokomen uchi, Ushiro ryote dori
Sankyo - Shomen uchi, Yokomen uchi
Yonkyo - Shomen uchi, Yokomen uchi
Kote gaeshi - Ushiro ryote dori, Katate ryote dori, Yokomen uchi
Shiho nage - Ryote dori, Ushiro ryote dori
Irimi nage - Ushiro ryote dori, Yokomen uchi

Soto kaiten nage - Katate dori
Ude kime nage - Katate ryote dori, Ushiro ryote dori
Kokyo ho - Katate dori

Suwari wasa

Ikkyo - Katate dori, Kata dori
Nikyo - Katate dori, Kata dori, Shomen uchi
Sankyo - Shomen uchi
Kote gaeshi - Shomen uchi

Hanmi handachi wasa

Shiho nage - Katate dori
Irimi nage - Shomen uchi
Uchi kaiten nage - Katate dori

2. KYU

Tachi wasa

Ikkyo - Kata dori men uchi, Ushiro ryo kata dori
Nikyo - Kata dori men uchi, Ushiro ryo kata dori
Sankyo - Katate dori, Kata dori, Kata dori men uchi, Ushiro ryo kata dori
Gokyo - Yokomen uchi
Kote gaeshi - Ryote dori, Kata dori men uchi
Shiho nage - Kata dori men uchi, Shomen uchi
Irimi nage - Katate ryote dori, Ryote dori, Chudan tsuki, Kata dori men uchi
Soto kaiten nage - Shomen uchi
Uchi kaiten nage - Shomen uchi
Hiji kime osae - Jodan tsuki
Sumi otoshi - Katate dori
Aiki otoshi - Ushiro ryo kata dori
Koshi nage - Aihanni katate dori
Juji garami - Ushiro ryote dori
Sokumen irimi nage - Ushiro ryo kata dori

Suwari wasa

Gokyo - Yokomen uchi
Kote gaeshi - Katate dori
Irimi nage - Katate dori, Yokomen uchi

Hanmi handachi wasa

Shiho nage - Ryote dori
Soto kaiten nage - Katate dori

1. KYU

Tachi wasa

Ikkyo - Ushiro eri dori, Jodan tsuki
Nikyo - Chudan tsuki, Jodan tsuki
Sankyo - Chudan tsuki, Jodan tsuki
Gokyo - Shomen uchi
Kote gaeshi - Chudan tsuki, Ushiro eri dori
Shiho nage - Muna dori, Jodan tsuki, Ushiro eri dori, Ushiro katate dori kubishime
Juji garami - Katate ryote dori

Ab 3. Kyu: Jiyu Waza (Toriwaza *und* Uchiwaza)