

Kyokushin Karate München – Prüfungsprogramm

10. Kyu:

Stände: Fudo Dachi, Yoi Dachi, Zenkutsu Dachi, Seiza

Schlagtechniken: Morote Tsuki Chudan, -Jodan, -Gedan
Oi Tsuki Chudan, Jodan, Gedan

Blocktechniken: Jodan Uke, Gedan Barai

Beintechniken: Hiza Geri, Kin Geri

Kata: Taikyoku Sono Ichi, Kata Kihon Ichi

8. Kyu:

Stände: Kiba Dachi

Schlagtechniken: Tate Tsuki Jodan, -Chudan, -Gedan, Shita Tsuki, Kage Tsuki
Jun Tsuki Jodan, -Chudan, -Gedan

Blocktechniken: Morote Uchi Uke, Uchi Uke-Gedan Barai

Beintechniken: Mae Geri Jodan Chusoku

Kata: Taikyoku Sono San, Kata Kihon Ni, Sokugi Taikyoku Sono Ichi

Kampfkombination: Renraku I

Atmung: Nogare Sono Ni

6. Kyu:

Stände: Tsuru Ashi Dachi

Schlagtechniken: Uraken Shomen Uchi, Uraken Sayu Uchi, Uraken Hizo Uchi,
Uraken Oroshi Uchi, Uraken Mawashi Uchi,
Nihon Nukite (Me Tsuki), Yonhon Nukite Jodan, -Chudan

Blocktechniken: Seiken Juji Uke Jodan, -Gedan

Beintechniken: Kansetsu Geri, Yoko Geri Chudan (Sokuto),
Mawashi Geri Gedan (Haisoku, Chusoku)

Kata: Pinan Sono Ni, Juji Kata Sono Ni

Kampfkombination: Renraku II

9. Kyu:

Stände: Sanchin Dachi, Kokutsu Dachi, Musubi Dachi

Schlagtechniken: Ago Uchi, Gyaku Tsuki Chudan, Jodan, Gedan

Blocktechniken: Soto Uke, Uchi Uke

Beintechniken: Mae Geri Chudan Chusoku

Kata: Taikyoku Sono Ni, Juji Kata Sono Ichi

Sonstiges: Sanbon Kumite (Dreifache Kampfkombination gem. Ansage)

Atmung: Nogare Sono Ichi

7. Kyu:

Stände: Neko Ashi Dachi

Schlagtechniken: Tetsui Oroshi Ganmen Uchi, Tetsui Komi Kami, Tetsui Hizo Uchi,
Tetsui Yoko Uchi Jodan, -Chudan, -Gedan (in Kiba-Dachi)

Blocktechniken: Mawashi Gedan Barai, Shuto Mawashi Uke

Beintechniken: Mae Chusoku Keage, Taisoku Mawashi Soto Keage,
Haisoku Mawashi Uchi Keage, Sokuto Yoko Keage

Kata: Pinan Sono Ichi, Taikyoku Sono Yon, Sokugi Taikyoku Sono Ni

Atmung: Ibuki Sankai

5. Kyu:

Stände: Moro Ashi Dachi

Schlagtechniken: Shotei Uchi Jodan, -Chudan, -Gedan, Jodan Hiji Ate

Blocktechniken: Shotei Uke Jodan, -Chudan, -Gedan

Beintechniken: Mawashi Geri Chudan (Haisoku, Chusoku),
Ushiro Geri Chudan, -Gedan (Sono Ich, -Ni, -San)

Kata: Pinan Sono San, Kata Kihon San

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4. Kyu:

Stände: Heisoku Dachi, Heiko Dachi, Uchi Hachiji Dachi

Schlagtechniken: Shuto Sakotsu Uchi, Shuto Yoko Ganmen Uchi, Shuto Uchi Komi, Shuto Hizo Uchi, Shuto Jodan Uchi Uchi

Blocktechniken: Shuto Jodan Uke, Shuto Soto Uke, Shuto Uchi Uke, Shuto Gedan Barai, Mae Shuto Mawashi Uke, Shuto Jodan Uchi Uke

Beintechniken: Mawashi Geri Jodan, Yoko Geri Jodan, Ushiro Geri Jodan

Kata: Sanchin No Kata, Sokugi Taikyoku Sono San

Kampfkombination: Renraku III

2. Kyu:

Schlagtechniken: Hira Ken Tsuki Jodan, -Chudan, Hira Ken Oroshi Uchi, Hira Ken Mawashi Uchi, Haishu Uchi Jodan, -Chudan, Age Jodan Tsuki Koken Uchi Jodan, -Chudan, -Gedan

Blocktechniken: Koken Uke Jodan, -Chudan, -Gedan

Beintechniken: Tobi Nidan Geri, Tobi Mae Geri (3 Varianten)

Kata: Pinan Sono Go, Gekisai Dai

Kampfkombination: Renraku IV (Version A)

1. Dan:

Schlagtechniken: Morote Haito Uchi Jodan, -Chudan, Haito Uchi Jodan, -Chudan, -Gedan

Blocktechniken: Morote Kake Uke Jodan, Osai Uke

Beintechniken: Kake Geri (Kakato, Chusoku Jodan, -Chudan) Ushiro Mawashi Geri Jodan, -Chudan, -Gedan

Beintechniken Blocks: Sune Uke, Hiza Uke

Kombinationen: Gohon Geri (5 Beintechniken gem. Ansage)

Kata: Saiha, Tensho,

Taikyoku Sono Ichi – San in Ura, Taikyoku Sono Ichi – San in Tate

Kampfkombination: Renraku V

3. Kyu:

Stände: Kake Dachi

Schlagtechniken: Chudan Hiji Ate, Chudan Mae Hiji Ate, Age Hiji Ate Jodan, -Chudan, Ushiro Hiji Ate, Oroshi Hiji Ate

Blocktechniken: Shuto Juji Uke (Jodan, -Gedan)

Beintechniken: Mae Kakato Geri (Jodan, -Chudan, -Gedan)

Kata: Pinan Sono Yon

1. Kyu

Schlagtechniken: Ryuto Ken Tsuki Jodan, -Chudan, Naka Yubi Ippon Ken Jodan, -Chudan, Oya Yubi Ippon Ken Jodan, -Chudan

Blocktechniken: Kake Uke Jodan, Haito Uchi Uke Chudan

Beintechniken: Jodan Uchi Heisoku Geri, Oroshi Uchi Kakato Geri, Oroshi Soto Kakato Geri, Tobi Yoko Geri

Kata: Tsuki No Kata, Yantsu, Sokugi Taikyoku Sono Yon

Kampfkombination: Renraku IV (Version B)

2. Dan:

Schlagtechniken: Toho Uchi Jodan, Keiko Uchi

Blocktechniken: Hiji Uke Chudan, -Gedan, Shotei Morote Uke Gedan, Shuto Morote Uke Gedan

Beintechniken: Tobi Ushiro Geri, Tobi Ushiro Mawashi Geri, Tobi Mawashi Geri, Age Kakato Ushiro Geri

Kata: Kanku Dai, Gekisai Sho, Seienchin, Pinan Sono Ichi – San in Ura und Tate