

Prüfungsbestimmungen

Goju Ryu Ostermundigen

8. Kyu	7. Kyu	6. Kyu	5. Kyu	4. Kyu	3. Kyu	2. Kyu	1. Kyu
Wartezeit normal:	3-6 Monate	3-6 Monate	6 Monate	6 Monate	6 Monate	6 Monate	6 Monate
Wartezeit Kinder bis 12 Jahre:	6 Monate	6-12 Monate	6-12 Monate	6-12 Monate	12 Monate	12 Monate	12 Monate
Bei Kindern bis 10 werden 1/2-Grade abgenommen. Die Prüfungen sind auch reduziert und den jüngeren Kindern angepasst.							

Kihon (Grundschule)

Age Uke Soto Uke Gedan Barai	Age Uke Soto Uke Gedan Barai Morote Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke Mawashi Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke Mawashi Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke Mawashi Uke Uchi Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke Mawashi Uke Uchi Uke	Age Uke Soto Uke Gedan Barai Morote Uke Kake Uke Mawashi Uke Uchi Uke
Seiken Tsuki	Seiken Tsuki Empi Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi	Seiken Tsuki Empi Uchi Kitsami Tsuki Ura Uchi
Mae Geri	Mae Geri Mawashi Geri	Mae Geri Mawashi Geri	Mae Geri Mawashi Geri Kansentsu Geri	Mae Geri Mawashi Geri Kansentsu Geri	Mae Geri Mawashi Geri Kansentsu Geri Sokuto Geri	Mae Geri Mawashi Geri Kansentsu Geri Sokuto Geri Ushiro Geri	Mae Geri Mawashi Geri Kansentsu Geri Sokuto Geri Ushiro Geri Ura Mawashi Geri

Kihon no Unsoku (Laufschule)

SD Age Uke ZD Soto Uke SHD Gedan Barai	SD Age Uke ZD Soto Uke SHD Gedan Barai	SD Age Uke ZD Soto Uke SHD Gedan Barai SD Kake Uke	SD Age Uke / Gyaku Tsuki ZD Soto Uke / Gyaku Tsuki SHD Gedan Barai / ZD Gyaku Tsuki ND Kake Uke / HD Teisho Ate	SD Age Uke / Gyaku Tsuki ZD Soto Uke / Gyaku Tsuki SHD Gedan Barai / ZD Gyaku Tsuki ND Kake Uke / HD Teisho Ate	SD Age Uke / Gyaku Tsuki ZD Soto Uke / Gyaku Tsuki SHD Gedan Barai / ZD Gyaku Tsuki ND Kake Uke / HD Teisho Ate	SD Age Uke / Gyaku Tsuki ZD Soto Uke / Gyaku Tsuki SHD Gedan Barai / ZD Gyaku Tsuki ND Kake Uke / HD Teisho Ate	SD Age Uke / Gyaku Tsuki ZD Soto Uke / Gyaku Tsuki SHD Gedan Barai / ZD Gyaku Tsuki ND Kake Uke / HD Teisho Ate
ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Seiken Tsuki 45	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Seiken Tsuki 45	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Seiken Tsuki 90	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Seiken Tsuki 90	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Tetsui / Ura Uchi 90	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Tetsui / Ura Uchi 90	ZK Oi Tsuki Jodan ZK Gyaku Tsuki Chudan ZK Empi Uchi SHD Tetsui / Ura Uchi 90
ZD Mae Geri	ZD Mae Geri ZD Mawashi Geri	ZD Mae Geri ZD Mawashi Geri	ZD Mae Geri / Oi Tsuki ZD Mawashi Geri / Gyaku Tsuki ZD Kansentsu Geri	ZD Mae Geri / Oi Tsuki ZD Mawashi Geri / Gyaku Tsuki ZD Kansentsu Geri	ZD Mae Geri / Oi Tsuki ZD Mawashi Geri / Gyaku Tsuki HD Kansentsu Geri / Teisho Ate ZD Sokuto Geri	ZD Mae Geri / Oi Tsuki ZD Mawashi Geri / Gyaku Tsuki HD Kansentsu Geri / Teisho Ate ZD Sokuto Geri / Gyaku Shuto Uchi	ZD Mae Geri / Oi Tsuki ZD Mawashi Geri / Gyaku Tsuki HD Kansentsu Geri / Teisho Ate ZD Sokuto Geri / Gyaku Shuto Uchi

Kata

Taikyoku Jodan	Taikyoku Chudan Taikyoku Gedan	Gekisai 1 Taikyoku Kake Uke	Gekisai 1 Gekisai 2	Gekisai 2 Saifa	Saifa Seienchin Sanchin	Saifa Seienchin Sanseru Sanchin	Seienchin Sanseru Shissochin Sanchin Tensho
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Kumite / Partnerübungen

Kinder bis 14 Jahren: Partnerübungen sind nicht Pflicht.		Yakusoku Kumite 1	Yakusoku Kumite 2	Ippon Kumite	Nanahon Kumite Awase Kumite Bunkai Saifa	Nanahon Kumite Awase Kumite Bunkai Seienchin	Nanahon Kumite Awase Kumite Bunkai Sanseru
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SD: Sanchin Dachi
ZD: Zenkutsu Dachi
SHD: Shiko Dachi

HD: Hansetsu Dachi
NK: Neko Ashi Dachi

