

Prüfungsbogen

Name Prüfling _____ Ort d. Prüfung: _____

Dojo _____ Datum Prüfung : _____

Bewertungspunkte 1 (schlecht) <<<<<< 3 (befriedigend) >>>>>> 6 (sehr gut)

| 5.Kyu | | | Gut | | Befriedigend | | Schlecht | | Notizen |
|---------------------|-----------------------------------|---------------|-------|-----|--------------|-----|----------|-----|---------|
| | | | omote | ura | omote | ura | omote | ura | |
| Suvari Waza: | | | | | | | | | |
| Ryote tori | Kokyo Ho | | | | | | | | |
| Grundlagen: | | | | | | | | | |
| Hanmi | | | | | | | | | |
| Tai-Sabaki | | | | | | | | | |
| Ukemi | (Mae/Ushiro/Yoko) | | | | | | | | |
| Katate tori | Tai no Henko (Kihon+Ki no Nagare) | | | | | | | | |
| Morote tori | Kokyu Nage | | | | | | | | |
| Katame Waza: | | | | | | | | | |
| Katate tori | Ikkyo | (omote + ura) | | | | | | | |
| Shomen uchi | Ikkyo | (omote + ura) | | | | | | | |
| Nage Waza: | | | | | | | | | |
| Katate tori | Shiho Nage | (omote + ura) | | | | | | | |
| Shomen uchi | Irimi Nage | | | | | | | | |
| Buki Waza: | | | | | | | | | |
| | Ken Suburi | 1-5 | | | | | | | |
| | Jo Suburi | 1-5 | | | | | | | |

| | | |
|-----------------|-----|--|
| 1. Prüfer _____ | Hz. | Stempel 1.Prüfer |
| 2. Prüfer _____ | Hz. | |
| 3. Prüfer _____ | Hz. | Bestanden <input type="radio"/> Ja <input type="radio"/> Nein |

Bemerkungen: _____

Prüfungsbogen

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Dojo _____ Datum Prüfung : _____

Bewertungspunkte 1 (schlecht) <<<<<<< 3 (befriedigend) >>>>>> 6 (sehr gut)

| 4.Kyu | | | Gut | | Befriedigend | | Schlecht | | Notizen |
|---------------------|--------------------------|--|-------|-----|--------------|-----|----------|-----|---------|
| | | | omote | ura | omote | ura | omote | ura | |
| Suware Waza: | | | | | | | | | |
| Ryokata tori | Kokyo Ho | | | | | | | | |
| Shomen uchi | Ikkyo (omote + ura) | | | | | | | | |
| Katame Waza: | | | | | | | | | |
| Kata tori | Ikkyo (omote + ura) | | | | | | | | |
| Katate tori | Nikyo (omote + ura) | | | | | | | | |
| Shomen uchi | Nikyo (omote + ura) | | | | | | | | |
| Nage Waza: | | | | | | | | | |
| Katate tori | Kokyo Ho | | | | | | | | |
| Ryote tori | Kokyo Ho | | | | | | | | |
| Ryote tori | Shiho nage (omote + ura) | | | | | | | | |
| Yokomen Uchi | Shiho nage (omote + ura) | | | | | | | | |
| Katate tori | Irimi Nage chudan | | | | | | | | |
| Ryote tori | Irimi Nage jodan | | | | | | | | |
| Buki Waza: | | | | | | | | | |
| | Ken Suburi 1-7 | | | | | | | | |
| | Migi no Ken awase | | | | | | | | |
| | Hidari no Ken awase | | | | | | | | |
| | Jo Suburi 1-10 | | | | | | | | |
| | Roku no Jo | | | | | | | | |

| | |
|---------------------|--|
| 1. Prüfer _____ Hz. | Stempel 1.Prüfer |
| 2. Prüfer _____ Hz. | |
| 3. Prüfer _____ Hz. | Bestanden <input type="radio"/> Ja <input type="radio"/> Nein |

Bemerkungen: _____

Prüfungsbogen

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Dojo _____ Datum Prüfung : _____

Bewertungspunkte 1 (schlecht) <<<<<<< **3 (befriedigend)** <<<<<<< 6 (sehr gut)

| 3.Kyu | | | Gut | | Befriedigend | | Schlecht | | Notizen |
|---------------------|---------------------|---------------|-------|-----|--------------|-----|----------|-----|---------|
| | | | omote | ura | omote | ura | omote | ura | |
| Suwari Waza: | | | omote | ura | omote | ura | omote | ura | |
| Morote tori | Kokyo Ho | | | | | | | | |
| Kata tori | Ikkyo | (omote + ura) | | | | | | | |
| Shomen uchi | Nikyo | (omote + ura) | | | | | | | |
| Katame Waza: | | | omote | ura | omote | ura | omote | ura | |
| Yokomen uchi | Ikkyo | (omote + ura) | | | | | | | |
| Kata tori | Nikyo | (omote + ura) | | | | | | | |
| Katate tori | Sankyo | (omote + ura) | | | | | | | |
| Shomen uchi | Sankyo | (omote + ura) | | | | | | | |
| Nage Waza: | | | omote | ura | omote | ura | omote | ura | |
| Shomen uchi | Shiho nage | (omote + ura) | | | | | | | |
| Morote tori | Shiho nage | (omote + ura) | | | | | | | |
| Chudan tsuki | Irimi Nage | | | | | | | | |
| Yokomen Uchi | Irimi Nage | | | | | | | | |
| Chudan tsuki | Kote gaeshi | | | | | | | | |
| Shomen uchi | Kote gaeshi | | | | | | | | |
| Katate tori | Koshi nage | | | | | | | | |
| Ushiro Waza: | | | omote | ura | omote | ura | omote | ura | |
| Ushiro Ryote tori | Ikkyo | (omote + ura) | | | | | | | |
| Ushiro Ryote tori | Shiho Nage | (omote + ura) | | | | | | | |
| Buki Waza: | | | | | | | | | |
| | Happo giri | | | | | | | | |
| | Go no Ken awase | | | | | | | | |
| | Shichi no Ken awase | | | | | | | | |
| | Jo Suburi | 1-20 | | | | | | | |
| | 31 Jo Kata | | | | | | | | |

| | | |
|-----------|-----------|--|
| 1. Prüfer | _____ Hz. | Stempel 1.Prüfer |
| 2. Prüfer | _____ Hz. | |
| 3. Prüfer | _____ Hz. | Bestanden <input type="radio"/> Ja <input type="radio"/> Nein |

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Prüfungsbogen

Name Prüfling _____ Ort d. Prüfung: _____

Dojo _____ Datum Prüfung : _____

Bewertungspunkte 1 (schlecht) <<<<<< 3 (befriedigend) <<<<<< 6 (sehr gut)

| 2.Kyu | | | Gut | | Befriedigend | | Schlecht | | Notizen |
|----------------------------|------------------|-----------------|-------|-----|--------------|-----|----------|-----|---------|
| | | | omote | ura | omote | ura | omote | ura | |
| Suvari Waza: | | | omote | ura | omote | ura | omote | ura | |
| Yokomen uchi | Ikkyo | (omote + ura) | | | | | | | |
| Kata tori | Nikyo | (omote + ura) | | | | | | | |
| Shomen uchi | Sankyo | (omote + ura) | | | | | | | |
| Shomen uchi | Yonkyo | (omote + ura) | | | | | | | |
| Hanmi hantachi Waza | | | omote | ura | omote | ura | omote | ura | |
| Katate tori | Shiho nage | omote | | | | | | | |
| Shomen uchi | Irimi nage | | | | | | | | |
| Katame Waza: | | | omote | ura | omote | ura | omote | ura | |
| Kosa tori | Ikkyo | (omote + ura) | | | | | | | |
| Yokomen uchi | Nikyo | (omote + ura) | | | | | | | |
| Kata tori | Sankyo | (omote + ura) | | | | | | | |
| Katate tori | Yonkyo | (omote + ura) | | | | | | | |
| Shomen uchi | Yonkyo | (omote + ura) | | | | | | | |
| Nage Waza: | | | omote | ura | omote | ura | omote | ura | |
| Ryokata tori | Kokyu Ho | | | | | | | | |
| Shomen tsuki | Shiho nage | (omote + ura) | | | | | | | |
| Kata tori Men uchi | Shiho nage | (omote + ura) | | | | | | | |
| Katate tori | Kote gaeshi | | | | | | | | |
| Ryote tori | Koshi nage | 2 Formen | | | | | | | |
| Katate tori | Kaiten Nage uchi | | | | | | | | |
| Katate tori | Kaiten Nage soto | | | | | | | | |
| Ushiro Waza: | | | omote | ura | omote | ura | omote | ura | |
| Ushiro Ryote tori | Nikyo | (omote + ura) | | | | | | | |
| Ushiro Ryote tori | Irimi nage | | | | | | | | |
| Ushiro Ryote tori | Kote gaeshi | | | | | | | | |
| Jiyu Waza | | | | | | | | | |
| min. 1 Angriff | | min.1 Angreifer | | | | | | | |
| Buki Waza: | | | | | | | | | |
| | Kumi tachi | 1 + 2 | | | | | | | |
| | Kumi Jo | 1 + 2 | | | | | | | |
| | 13 Jo Kata | | | | | | | | |

1. Prüfer _____ Hz.

2. Prüfer _____ Hz.

3. Prüfer _____ Hz.

Stempel 1.Prüfer

Bestanden

Ja

Nein

Bemerkungen: _____

Prüfungsbogen

Name Prüfling _____

Dojo: _____

Ort d. Prüfung: _____

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Bewertungspunkte 1 (schlecht) <<<<<<< **3 (befriedigend)** <<<<<<< 6 (sehr gut)

| 1.Kyu | | | Gut | | Befriedigend | | Schlecht | | Notizen |
|----------------------------|------------------|-----------------|-------|-----|--------------|-----|----------|-----|---------|
| | | | omote | ura | omote | ura | omote | ura | |
| Suwari Waza: | | | omote | ura | omote | ura | omote | ura | |
| Yokomen uchi | Ikkyo - Gokyo | (omote + ura) | | | | | | | |
| Kata tori | Ikkyo - Gokyo | (omote + ura) | | | | | | | |
| Hanmi hantachi Waza | | | omote | ura | omote | ura | omote | ura | |
| Katate tori | Kaiten nage uchi | | | | | | | | |
| Katate tori | Kaiten nage soto | | | | | | | | |
| Shomen uchi | Kote gaeshi | | | | | | | | |
| Katame Waza: | | | omote | ura | omote | ura | omote | ura | |
| Mune tori | Ikkyo | (omote + ura) | | | | | | | |
| Kosa tori | Nikyo | (omote + ura) | | | | | | | |
| Ryote tori | Nikyo | (omote + ura) | | | | | | | |
| Yokomen uchi | Sankyo | (omote + ura) | | | | | | | |
| Mune tori | Sankyo | (omote + ura) | | | | | | | |
| Yokomen uchi | Yonkyo | (omote + ura) | | | | | | | |
| Yokomen uchi | Gokyo | ura | | | | | | | |
| Nage Waza: | | | omote | ura | omote | ura | omote | ura | |
| Mune tori | Shiho nage | (omote + ura) | | | | | | | |
| Yokomen uchi | Irimi nage | | | | | | | | |
| Kata tori Men uchi | Irimi nage | | | | | | | | |
| Yokomen uchi | Kote gaeshi | | | | | | | | |
| Shomen uchi | Koshi nage | | | | | | | | |
| Yokomen uchi | Koshi nage | | | | | | | | |
| chudan tsuki | Kaiten Nage soto | | | | | | | | |
| Ryote tori | Tenchi nage | | | | | | | | |
| Kata tori Men uchi | Ude kime nage | | | | | | | | |
| Mune tori Men uchi | Juji nage | | | | | | | | |
| Ushiro Waza: | | | omote | ura | omote | ura | omote | ura | |
| Ushiro Ryote tori | Sankyo | (omote + ura) | | | | | | | |
| Ushiro Ryote tori | Irimi nage | | | | | | | | |
| Ushiro Ryote tori | Koshi nage | | | | | | | | |
| Ushiro Ryote tori | Juji nage | | | | | | | | |
| Jiyu Waza | | | | | | | | | |
| min. 1 Angriff | | min.2 Angreifer | | | | | | | |
| Buki Waza: | | | | | | | | | |
| | Kumi tachi | 1 - 5 | | | | | | | |
| | Kumi Jo | 1 - 5 | | | | | | | |

| | | | |
|-----------|-------|-----|---|
| 1. Prüfer | _____ | Hz. | Stempel 1.Prüfer |
| 2. Prüfer | _____ | Hz. | |
| 3. Prüfer | _____ | Hz. | |
| | | | Bestanden |
| | | | <input type="radio"/> Ja <input type="radio"/> Nein |

Bemerkungen: _____

