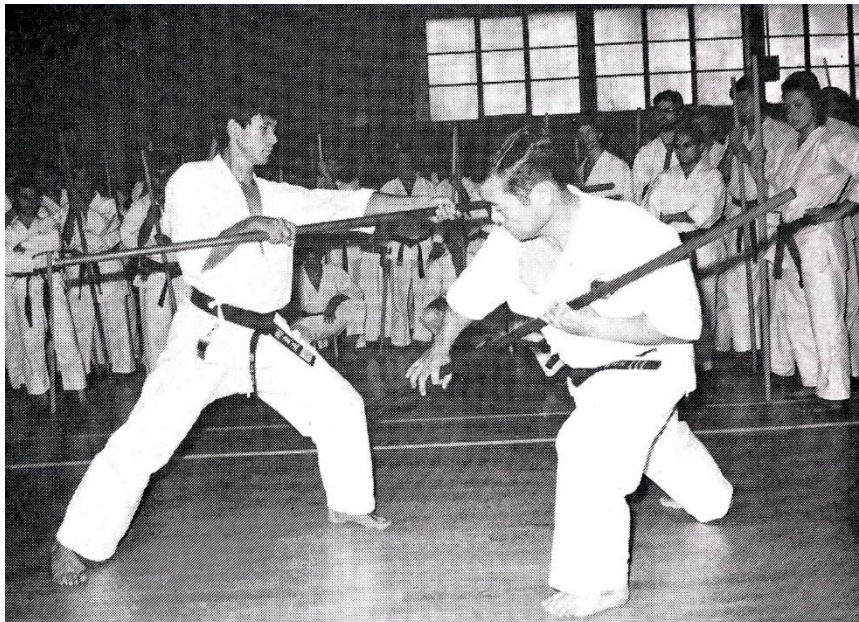




PRÜFUNGSPROGRAMM DKV-KOBUDO

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Herausgegeben von Kyoshi Measara Jamal, 9. Dan Kobudo
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Vorbereitungszeiten und Voraussetzungen

Vorbereitungszeiten

Vorbereitungszeit zum 9. Kyu	(weiß-gelb)	keine
Vorbereitungszeit zum 8. Kyu	(gelb)	3 Monate
Vorbereitungszeit zum 7. Kyu	(orange)	3 Monate
Vorbereitungszeit zum 6. Kyu	(grün)	3 Monate
Vorbereitungszeit zum 5. Kyu	(blau)	3 Monate
Vorbereitungszeit zum 4. Kyu	(violett)	3 Monate
Vorbereitungszeit zum 3. Kyu	(braun)	3 Monate
Vorbereitungszeit zum 2. Kyu	(braun)	3 Monate
Vorbereitungszeit zum 1. Kyu	(braun)	3 Monate
Vorbereitungszeit zum 1. Dan	(schwarz)	1 Jahr
Vorbereitungszeit zum 2. Dan	(schwarz)	2 Jahre
Vorbereitungszeit zum 3. Dan	(schwarz)	3 Jahre
Vorbereitungszeit zum 4. Dan	(schwarz)	4 Jahre
Vorbereitungszeit zum 5. Dan	(schwarz)	5 Jahre

Mindestalter

Der Junior-Dan kann mit Vollendung des 12. Lebensjahres abgelegt werden.

Der 1. Dan kann mit Vollendung des 16. Lebensjahres abgelegt werden.

Der 2. Dan kann mit Vollendung des 18. Lebensjahres abgelegt werden.
(vgl. hierzu Verfahrensordnung des DKV, Teil C, Tz. 2.1 und 2.2).

Im Weiteren gilt die Verfahrensordnung des DKV.

Weitere Voraussetzungen

- Teilnahme an den regelmäßig abgehaltenen Lehrgängen

Zum 9. Kyu (weiß-gelb)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Yakusoku Kumi Bo

- | Angreifer | Verteidiger |
|----------------------|--|
| 1. Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |

Theorie

Fragen zu den verlangten Techniken und Ständen.

Zum 8. Kyu (gelb)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake

Yakusoku Kumi Bo

Angreifer	Verteidiger
1. Jodan Uchi	Jodan Uke, Gedan Ossai Uke, Chudan Tsuki
2. Jodan Naname Uchi	Jodan Naname Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Gedan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

Theorie

Fragen zu den verlangten Techniken und Ständen.

Zum 7. Kyu (orange)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Theorie

Fragen zu den verlangten Techniken und Ständen.

Zum 6. Kyu (grün)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke

Theorie

Fragen zu den verlangten Techniken und Ständen, Erklärung des Abzeichens.

Zum 5. Kyu (blau)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

	Angreifer	Verteidiger
1.	Jodan Uchi	Jodan Uke, Gedan Ossai Uke, Chudan Tsuki
2.	Jodan Naname Uchi	Jodan Naname Uke, Chudan Yoko Uchi
3.	Chudan Yoko Uchi	Chudan Yoko Uke, Gedan Yoko Uchi
4.	Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5.	Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

Kata

Fukyugata (Bo Kata)

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

Theorie

Fragen zu den verlangten Techniken und Ständen, Erklärung des Abzeichens.
Praktische Anwendung des Bo Hojo Undo (Bunkai).

Zum 4. Kyu (violett)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Kata

Fukyugata (Bo Kata)

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

Noch 4. Kyu (violett)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke

Theorie

wie 5. Kyu

Zum 3. Kyu (braun)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

Noch 3. Kyu (Braun)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Kata

Fukyugata (Bo Kata)

Theorie

wie 4. Kyu, zusätzlich praktische Anwendung Sai Hojo Undo (Bunkai).

Zum 2. Kyu (braun)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 2. Kyu (Braun)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Kata

Fukyugata (Bo Kata)

Theorie

Wie 3. Kyu, zusätzlich praktische Anwendung Tunkwa Hojo Undo und Fukyugata (Bunkai).

Zum 1. Kyu (braun)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 1. Kyu (braun)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata (Bo Kata)
Choun No Kun (Bo Kata)

Theorie

Wie 2. Kyu

Zum 1. Dan (Shodan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 1. Dan (Shodan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata	(Bo Kata)
Choun No Kun	(Bo Kata)
Ni Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)

Bunkai

Fukyugata und Choun No Kun

Theorie

Allgemein über Kobudo und Kobudo-Geschichte (schriftlich).

Zum 2. Dan (Nidan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 2. Dan (Nidan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Ni Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)
Tunkwa Nidan	
Jo No Kata	
Jiyu Kata	(freie Kata nach Auswahl des Prüflings)

Theorie

Wie 1. Dan, zusätzlich Bunkai der Katas.

Zum 3. Dan (Sandan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | Angreifer | Verteidiger |
|----------------------|--|
| 1. Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 3. Dan (Sandan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Sakugawa No Kun	(Bo Kata)
Ni Chou Sai	(Sai Kata)
San Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)
Tunkwa Ni	(Tunkwa Kata)
Jo No Kata	(Jo Kata)
Nunchaku No Kata	(Nunchaku Kata)

5 Katas vom Prüfer + 1 freie Kata vom Prüfling

Theorie

Wie 2. Dan, zusätzlich Bunkai der Katas.

Zum 4. Dan (Yondan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 4. Dan (Yondan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Sakugawa No Kun	(Bo Kata)
Chikin No Kun (Tsuken No Kun)	(Bo Kata)
Ni Chou Sai	(Sai Kata)
San Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)
Tunkwa Ni	(Tunkwa Kata)
Jo No Kata	(Jo Kata)
Nunchaku No Kata	(Nunchaku Kata)
Nunti No Kata (Ichi)	(Nunti Kata)
Chinkin Akachu No Ekudi	(Eku Kata)

5 Katas vom Prüfer + 1 freie Kata vom Prüfling

Theorie

Wie 3. Dan, zusätzlich Bunkai der Katas.

Zum 5. Dan (Godan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | | Angreifer | Verteidiger |
|----|-------------------|--|
| 1. | Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. | Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. | Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. | Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. | Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 5. Dan (Godan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Sakugawa No Kun	(Bo Kata)
Chikin No Kun (Tsuken No Kun)	(Bo Kata)
Ni Chou Sai	(Sai Kata)
San Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)
Tunkwa Ni	(Tunkwa Kata)
Jo No Kata	(Jo Kata)
Nunchaku No Kata	(Nunchaku Kata)
Nunti No Kata (Ichi)	(Nunti Kata)
Chinkin Akachu No Ekudi	(Eku Kata)
Shi Shi No Kun	(Bo Kata)
Nunchaku Ni	(Nunchaku Kata)
Tunkwa San	(Tunkwa Kata)

5 Katas vom Prüfer + 1 freie Kata vom Prüfling

Theorie

Wie 4. Dan, zusätzlich Bunkai der Katas.

Zum 6. Dan (Rokudan)

Bo Hojo Undo

Dai Ichi

1. Jodan Uchi
2. Jodan Naname Uchi
3. Chudan Yoko Uchi
4. Gedan Yoko Uchi
5. Chudan Kake Uke – Chudan Tsuki

Dai Ni

1. Gedan Harai Uke – Jodan Naname Uchi
2. Gedan Hanei Uke – Gedan Nuki Bo
3. Sunakake
4. Gedan Ossai Uke
5. Kaeshi Uchi – Kaeshi Tsuki

Dai San

1. Gedan Yoko Uke – Jodan Naname Uchi
2. Jodan Naname Uchi – Jodan Nuki Bo
3. Chudan Nagashi Uchi – Gedan Yoko Uke – Jodan Naname Uchi
4. Gedan Yoko Uke – Chudan Harai (Gedan Ossai Uke) – Jodan Naname Uchi
5. Goren Uchi

Yakusoku Kumi Bo

- | Angreifer | Verteidiger |
|----------------------|--|
| 1. Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. Jodan Naname Uchi | Jodan Naname Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Gedan Yoko Uchi |
| 4. Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

Tunkwa (Tonfa) Hojo Undo

1. Jodan Yoko Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Nuki
5. Gedan Yoko Uchi
6. Gedan Uke
7. Age Uchi – Jodan Mawashi Uchi
8. Chudan Tsuki – Gedan Harai Uke – Gedan Harai Uke – Jodan Uchi
9. Chudan Tsuki – Gedan Harai Uke – Jodan Yoko Uchi – Jodan Uchi
10. Chudan Tsuki – Nikai Mawashi Uchi

noch 6. Dan (Rokudan)

Sai Hojo Undo

1. Jodan Mawashi Uchi
2. Jodan Uke
3. Chudan Tsuki
4. Chudan Harai Uke
5. Gedan Harai Uke
6. Gedan Uke
7. Chudan Tsuki – Jodan Mawashi Uchi – Gedan Uke
8. Chudan Tsuki – Gedan Harai Uke – Jodan Nuki – Gedan Uke
9. Chudan Tsuki – Chudan Harai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Nunchaku Hojo Undo (die Techniken werden mit einem Handtuch trainiert)

1. Chudan Kote Uchi
2. Ryote Chudan Uke
3. Ryote Chudan Tsuki
4. Age Furi Ushiro Tori
5. Shita Kara – Age Furi – Waki Shita Tori
6. Yoko Mawashi Koshi Tori
7. Jodan Uchi – Age Uchi – Jodan Naname Uchi, Jodan Naname Uchi – Age Uchi – Ushiro Tori
8. Age Uchi – Age Uchi – Jodan Naname Uchi – Jodan Naname Uchi – Age Uchi – Jodan Tsuki

noch 6. Dan (Rokudan)

Kata

Eine Auswahl von 3 Waffenkatas

Bo	Fukyugata Choun No Kun Shiu Shi No Kun Chikin No Kun Sakugawa No Kun Shi Shi No Kun (Soeshi No Kun) Urasaku No Kun Ufuton No Kun
Sai	Ni Choun Sai San Chou Sai Shimbaru No Sai
Tunkwa	Tunkwa Ichi Tunkwa Ni Tunkwa San
Nunchaku	Nunchaku Ich Nunchaku Ni
Jo	Jo No Kata
Ekū (Kai)	Chinkin Akachu No Ekudi (Tsuken Akachu No Eku Di)
Nunti	Nunti No Kata Nunti No Ti
Kama	Ni Chougama Kama No Kata
Titju	-
Tekko	Tekko No Kata
Surujin	-
Tinbe	Tinbe No Kata
Kuwa	Kuwa No Ti

Theorie

Geschriebene Kobudo-Geschichte