

# Prüfungsordnung Fudoshin-Ryu · 9. Kyu – 7. Kyu

	9. Kyu · Weiß-Gelb	8. Kyu · Gelb	7. Kyu · Orange
	<b>KIHON</b>	<b>KIHON</b>	<b>KIHON</b>
1	ZD => Oi-Zuki	ZD => Oi-Zuki	ZD => Oi-Zuki
2	ZD => Gyaku-Zuki	ZD => Gyaku-Zuki	ZD => Sanbon-Zuki
3	ZD <= Age-Uke	ZD <= Age-Uke	ZD <= Age-Uke
4	ZD => Soto-Ude-Uke	ZD => Soto-Ude-Uke	ZD => Soto-Ude-Uke / Gyaku-Zuki
5	ZD => Gedan-Barai	ZD <= Uchi-Ude-Uke	ZD <= Uchi-Ude-Uke
6	ZD => Mae-Geri Chudan	KoD => Shuto-Uke	KoD => Shuto-Uke
7		ZD => Mae-Geri Jodan	ZD => Mae-Geri Chudan
8		KiD <=> Yoko-Geri Kekomi	KiD <=> Yoko-Geri Keage
	<b>KATA</b>	<b>KATA</b>	<b>KATA</b>
	Taikyoku Shodan	Heian Shodan	Heian Nidan Heian Nidan Ura
	<b>KUMITE</b>	<b>KUMITE</b>	<b>KUMITE</b>
	Gohon Kumite	Gohon Kumite	Sanbon Kumite

Fudoshin-Ryu PO 2025 · Alle bisher gelernten Kata (inkl. Ura) müssen gekonnt werden · => vorwärts <= rückwärts <=> seitwärts

# Prüfungsordnung Fudoshin-Ryu · 6. Kyu – 4. Kyu

	6. Kyu · Grün	5. Kyu · Violett	4. Kyu · Violett
	KIHON	KIHON	KIHON
1	ZD => Oi-Zuki	ZD => Oi-Zuki	ZD => Sanbon-Zuki
2	ZD => Sanbon-Zuki	ZD => Sanbon-Zuki	ZD => Mae-Geri Renzuki (Jodan/Chudan)
3	ZD <= Age-Uke / Gyaku-Zuki	ZD <= Age-Uke / Gyaku-Zuki	ZD <= Age-Uke / Mae-Geri (hint. Bein) / Gyaku-Zuki
4	ZD => Soto-Ude-Uke / Gyaku-Zuki	ZD => Soto-Ude-Uke / Uraken-Uchi	ZD => Soto-Ude-Uke / Uraken-Uchi / Gyaku-Zuki
5	ZD <= Uchi-Ude-Uke / Kizami-Zuki / Gyaku-Zuki	KoD <= Morote-Uchi-Ude-Uke / ZD Gyaku-Zuki	KoD <= Morote-Uchi-Ude-Uke / ZD Kizami-Zuki / Gyaku-Zuki
6	KoD => Shuto-Uke / ZD Gyaku-Nukite	KoD => Shuto-Uke / ZD Gyaku-Shuto-Uchi Jodan	KoD => Shuto-Uke / ZD Gyaku-Haito-Uchi Jodan
7	ZD => Mae-Geri / Gyaku-Zuki (stehen lassen)	ZD => Mae-Geri / Oi-Zuki (stehen lassen)	ZD => Mae-Geri (gl. Bein) Mawashi-Geri
8	ZD => Mawashi-Geri / Gyaku-Zuki (stehen lassen)	ZD => Mawashi-Geri / Gyaku-Zuki (schnappen)	ZD => Ushiro-Geri
9	KiD <=> Yoko-Geri Keage	KiD <=> Yoko-Geri Keage (übers.) / Kekomi (Drehg.)	KiD <=> Yoko-Geri Keage (übers.) / Kekomi (Drehg.)
10	KiD <=> Yoko-Geri Kekomi		
	FR-Kombi 1: ZD => Oi-Zuki	FR-Kombi 2: ZD => Sanbon-Zuki	FR-Kombi 3: ZD => Mae-Geri / Sanbon-Zuki
12	ZD <= Age-Uke / Gyaku-Zuki	KoD <= Shuto-Uke / ZD Gyaku-Nukite	KoD <= Morote-Uchi-Ude-Uke / Mae-Mawashi-Geri / ZD Gyaku-Haito-Uchi
13	ZD => Mae-Geri / Gyaku-Zuki	ZD => Mawashi-Geri / Gyaku-Zuki	KoD => (vord. Bein) Shuto-Uke / ZD Ushiro-Geri / Uraken / Gyaku-Zuki
	KATA	KATA	KATA
	Heian Sandan Heian Nidan Ura	Heian Yondan Heian Sandan Ura	Heian Godan Heian Yondan Ura
	KUMITE	KUMITE	KUMITE
	Kihon Ippon Kumite	Jiyu Ippon Kumite	Okuri Ippon Kumite

# Prüfungsordnung Fudoshin-Ryu · 3. Kyu – 1. Kyu

	3. Kyu · Braun	2. Kyu · Braun	1. Kyu · Braun
	KIHON	KIHON	KIHON
1	ZD => Sanbon-Zuki	Fudoshin-Ryu-Kombination 3:	Fudoshin-Ryu-Kombination 3:
2	ZD => Gyaku-Sanbon-Zuki	ZD => Mae-Geri / Sanbon-Zuki	ZD => Mae-Geri / Sanbon-Zuki
3	ZD <= Age-Uke / Mae-Geri / Gedan Barai / Gyaku-Zuki	KoD <= Morote-Uchi-Ude-Uke / Mae-Mawashi-Geri / Gyaku-Haito-Uchi	KoD <= Morote-Uchi-Ude-Uke / Mae-Mawashi-Geri / ZD Gyaku-Haito-Uchi
4	ZD => Soto-Ude-Uke / Uraken-Uchi / Gyaku-Zuki	KoD => (vord. Bein) Shuto-Uke / ZD Ushiro-Geri / Uraken / Gyaku-Zuki	KoD => (vord. Bein) Shuto-Uke / ZD Ushiro-Geri / Uraken / Gyaku-Zuki
5	KiD <=> Yoko-Geri Keage (übers.) / Yoko-Geri Kekomi (Drehg.)	+ alle Techniken vorh. Kyu-Grade	+ alle Techniken vorh. Kyu-Grade
	FR-Kombi 3: ZD => Mae-Geri / Sanbon-Zuki		
7	KoD <= Morote-Uchi-Ude-Uke / Mae-Mawashi-Geri / Gyaku-Haito-Uchi		
8	KoD => (vord. Bein) Shuto-Uke / ZD Ushiro-Geri / Uraken / Gyaku-Zuki		
	KATA	KATA	KATA
	Tekki Shodan Heian Godan Ura	Bassai Dai Tekki Shodan Ura	Tokui Kata (Jion/Kanku Dai/Empi/Hangetsu) Heian 1-5 · Tekki 1 Ura
	KUMITE	KUMITE	KUMITE
	Kaeshi Ippon Kumite	Jiyu Ippon Kumite Jiyu Kumite	Jiyu Ippon Kumite Jiyu Kumite (1-2 Kämpfe)

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