

V11112015	1	2	3	4	5	6	7	8	9	10	11	12
tan'en kihon hokei <3.kyu; 6 weeks	tenchi ken dai ikkei, tan'en & sotai	tenchi ken dai nikei, tan'en & sotei	tenchi ken dai sankei – dai yonkei	giwa ken dai ikkei – nikei	byakuren ken dai ikkei							
tan'en kihon hokei; 6 weeks	tenchi ken dai ikkei, tan'en & sotai // tenchi ken dai nikei, tan'en & sotei	tenchi ken dai sankei – dai yonkei, tenchi ken dai gokei – rokei	giwa ken dai ikkei – nikei (dai ikkei sotai), byakuren ken dai ikkei	ryu ken dai ikkei, tan'en & sotei (tai & hiraki gamae)	ryu no kata, ko manji ken							
do // randori// embu// seihō; 6 weeks	randori	randori	embu	embu	do zuki, do geri seihō							
ukemi // tai sabaki // kamae; 6 weeks	tai sabaki: han tenshin; gyaku tenshin; hikimi; han tenkan; zen tenkan	sashikae irimi, chidori irimi, hiraki sagari, jun sagari, umpoho	ukemi (mae, ushiro, dai sharin, oten yori okiagari); mae ukemi, ushiro ukemi and dai sharin as combined sequence	tobi ukemi, kamae								
Howa // pressure points; 12 weeks	distinguishing characteristics 1-3	key attitudes for dojo // key attitudes toward training	systems of training // ranking system	principles of nukite	true strength // sk is a discipline that develops individuals							
Howa // pressure points; 12 weeks	pressure points of head, neck, face, chest and stomach	how to study technical & philosophical teachings	technical classifications // kinds of kihon	pressure points of legs, hand and arm // kuzushi	three teachings of ken (shu, ha, ri)							
off/dev while moving // ren ko // dan ko; 12 weeks	jo chu ni ren zuki // mae chidori ashi/sashikae ashi jun zuki and soto uke	off/def while mov → hiraki sagari and keru, hiraki sagari uwa uke and keru	off/def while mov → ni ren ko with jodan zuki and uchi uke, sashikae ashi and keru age, shuto giri and chudan zuki, furi zuki (simple/contd. Attacks)	sashikae jun zuki and shita uke // ren geri with jun/gyaku	sashikomi ashi choku geri and/or mawashi geri // sashikae ashi choku geri and/or mawashi geri							
off/dev while moving // ren ko // dan ko; 12 weeks	off/def while mov → kagi zuki and (uchi) harai uke // jun zuki and han tenshin, gyaku tenshin	ni ren ko with jodan zuki and chudan zuki	jo jo zuki sokuto geri	off/def while mov → ren choku geri, mawashi geri // off/def while mov → mawashi geri and uchi harai uke/ujui uke	jodan zuki and uchi age uke // off/def while mov chudan geri/(uchi) harai uke							
basic kihon; 12 weeks	urate uchi (me uchi), furiko zuki, keru age	uwa uke, shita uke, uchi uke	shuto giri, shuto uchi	types of ura ken uchi, hiza uke								
basic kihon; 12 weeks	urate uchi (kinteki uchi), kinteki geri, uchi geri	(uchi) harai uke, soto uke	types of shoken uchi (suigetsu, yoko zanmai, mikazuki)	ken uke, sambo uke	ippon se nage, flipping from seoi nage, seoi nage with dai sharin, study seoi nage and ashi barai, defenses against seoi nage and ashi barai							
hokei kihon – offense; 12 weeks	jun/gyaku choku zuki, jun/gyaku keru age/mawashi geri/keru komi, jun kagi zuki	shuto uchi/giri, jun/gyaku choku zuki, jun/gyaku keru komi/keru age/mawashi geri, kumade zuki, doji geri	jun/gyaku choku zuki, shuto uchi/giri, sokuto geri, doji geri	jun/gyaku choku zuki, jun/gyaku keru age/keru komi	jun/gyaku choku zuki, jun/gyaku keru komi/keru age, jun/gyaku mawashi geri, kagi zuki, gedan geri, uchi geri							
hokei kihon – offense; 12 weeks	jun/gyaku keru age/mawashi geri/keru komi, keru kaeshi, gedan zuki, gedan geri/fumi geri	jun/gyaku keru age/mawashi geri, furi zuki, jun/gyaku kinteki geri/haro kyaku geki, jun/gyaku mawashi geri/keru age, sokuto geri			jun/gyaku choku zuki, jun/gyaku keru komi/keru age							
hokei kihon – defense; 12 weeks	ryusui uke, soto uke, tenshin uke	jun/gyaku uwa uke	uchi uke, uwa uke	shita uke	uchi age uke							
hokei kihon – defense; 12 weeks	(uchi) harai uke, shita uke		hiza uke, uchi age uke/kusshin uke, uchi uke		(uchi) harai uke, uchi uke, uchi otoshi uke, shita uke							
6.kyu; 6 weeks	ryusui geri (ushiro), tenshin geri	uwa uke zuki (omote)	uwa uke zuki (ura) uchi uke zuki (ura)	ude juji gatame	kote nuki (tai & hiraki gamae)							
5.kyu; 6 weeks	ryusui geri (mae)	uwa uke geri (omote & ura)	katate yori nuki, maki nuki (katate)	shita uke geri, shita uke jun geri	gyaku gote (tai & hiraki)							
4.kyu; 6 weeks	soto uke zuki (omote & ura), soto uke geri (omote & ura)	kiri nuki (uchi & soto)	katate okuri gote	okuri maki tembin, tsuki nuki (soto & uchi)	uchi age zuki (omote & ura), uchi age geri (omote & ura)							
3.kyu; 12 weeks	ude juji gatame yori Tate gassho gatame	ryote yori nuki, maki nuki (ryote)	uchi uke geri omote/ura	juji nuki (katate), juji gote (katate)	nidan nuki, tsuki nuki (ryote)							
2.kyu; 12 weeks	gassho nuki, sankaku nuki	juji nuki (ryote), juji gote (ryote)	kusshin zuki, kusshin geri, kusshin zuki geri	kiri kaeshi nuki (katate & morote), kiri gote (katate & morote)	uchi uke zuki (omote) ren hanko, yoko tenshin geri ren hanko, han tenshin geri ren hanko							
1.kyu; 12 weeks	harai uke geri ren hanko, morote tsuki nuki, katate oshi nuki	kata muna otoshi, eri juji	tsubame gaeshi ren hanko, chidori gaeshi kari ashi ren hanko	sode nuki, sode dori	sode maki, sode maki tembin							
1.Dan; 6 weeks	gedan gaeshi ren hanko, gyaku tenshin geri ren hanko	gyaku tembin, morote oshi nuki	kinteki geri hiza uke nami gaeshi ren hanko, gyaku geri hiza uke nami gaeshi ren hanko	oshi gote (katate & ryote), kote maki gaeshi	morote wa nuki, morote maki nuki							

Wiederholung, Schwerpunkte, Special Topics

tenchi ken dai ikkei, tan'en & sotai	tenchi ken dai nikei, tan'en & sotei	tenchi ken dai sankei – dai yonkei	giwa ken dai ikkei – nikei	byakuren ken dai ikkei								
tenchi ken dai ikkei, tan'en & sotai // tenchi ken dai nikei, tan'en & sotei	tenchi ken dai sankei – dai yonkei, tenchi ken dai gokei – rokei	giwa ken dai ikkei – nikei (dai ikkei sotai), byakuren ken dai ikkei	ryu ken dai ikkei, tan'en & sotei (tai & hiraki gamae)	ryu no kata, ko manji ken								
randori	randori	embu	embu	do zuki, do geri seihō								
tai sabaki: han tenshin; gyaku tenshin; hikimi; han tenkan; zen tenkan	sashikae irimi, chidori irimi, hiraki sagari, jun sagari, umpoho	ukemi (mae, ushiro, dai sharin, oten yori okiagari); mae ukemi, ushiro ukemi and dai sharin as combined sequence	tobi ukemi, kamae									
distinguishing characteristics 4-6	kisei & kiai // mind, ki & strength	history & founding // motivation & goals	principles used for sk (key principles)	elements of atemi // ma'ai & opportunity								
pressure points of head, neck, face, chest and stomach	three essentials of ken (gi, jutsu, ryaku) // on sen	sk related organizations // symbols of sk	pressure points of legs, hand and arm // kuzushi	on chinkon & seiku, seigan, dokun, shinjo								
jun/gyaku zuki/keru while mov // ni ren ko with jun gyaku, gyaku jun	ni ren ko jo jo/jo chu tsuki // ni ren ko with uraken and chudan zuki // yoko geri	ren ko with jo chu jo tsuki and jo chu keru	mawashi geri and juji uke // types of ni ren ko and san ren ko (jo chu jo san ren zuki, jo chu choku geri, jo chu mawashi geri)	san ren ko jo chu jo, jo chu keru // dan offenses jo jo dan zuki, jo chu dan zuki								
ni ren ko with jo jo zuki sokuto geri // dan uke (soto oshi uke and uchi oshi uke)	ni ren ko furi zuki // off/def shuto uchi/uwa uke	sashikae ashi and keru ren ko // dan uke (uchi uke and uchi harai uke) // ren kogeki with mawashi geri and jo chu ni ren zuki	jo chu ni ren zuki, soto uke and uchi age uke sokuto geri // ren/dan uke while mov	dan han geki (uchi uke, soto uke, uchi age uke) // dan han ko (uchi uke and shuto geri, uchi uke and me uchi)								
furi zuki, kagi zuki, soto/uchi oshi uke	yoko/sokuto geri, tobi geri, tobi komi geri	types of juji uke (yoko, uwa, shita)	types of hiji ate, hiza ate									
types of wanto uchi, uchi age uke, uchi otoshi uke	ushiro geri, tobi ren geri	hasami uke, kaishin/hangetsu uke, sukui uke	hebi zuki, types of kari ashi,	ude ushiro neji age ashi barai with grabbing the sleeves or collar and sleeves and defenses against it								
kumade zuki, furi zuki, choku zuki, keru age, keru komi, kagi zuki, mawashi geri	doji geri, jun/gyaku keru age/keru komi/mawashi geri, jun/gyaku choku zuki, shuto uchi, kumade zuki	jun/gyaku choku zuki, shuto uchi	jun/gyaku keru age/keru komi, jun/gyaku choku zuki	jun/gyaku mawashi geri, jun/gyaku choku geri, kagi zuki, gedan geri, uchi geri								
furi zuki, choku zuki, keru age, keru komi, keru kaeshi, sokuto geri, doji geri	doji geri, jun/gyaku keru age/keru komi, jun/gyaku choku zuki, furi zuki, sokuto geri	jun/gyaku kinteki geri/haro kyaku geki	jun/gyaku keru age/keru komi, jun/gyaku mawashi geri, doji geri, jun/gyaku choku zuki									
soto uke, soto/uchi oshi uke, ryusui/tenshin uke	jun/gyaku uwa uke, uwa/uchi/shita ren/dan uke	uwa uke, uchi uke	shita uke	(yoko) juji uke, jun/gyaku uchi age uke								
shita uke, uchi age uke, uchi otoshi uke, harai uke, soto/uchi oshi uke	uchi/shita ren uke, soto/uchi oshi uke	hiza uke	juji uke, uwa/uchi/shita (dan/ren) uke									
ryusui geri (ushiro), tenshin geri	uwa uke zuki (omote)	uwa uke zuki (ura) uchi uke zuki (ura)	ude juji gatame	kote nuki (tai & hiraki gamae)								
ryusui geri (mae)	uwa uke geri (omote & ura)	katate yori nuki, maki nuki (katate)	shita uke geri, shita uke jun geri	gyaku gote (tai & hiraki)								
soto uke zuki (omote & ura), soto uke geri (omote & ura)	kiri nuki (uchi & soto)	katate okuri gote	okuri maki tembin, tsuki nuki (soto & uchi)	uchi age zuki (omote & ura), uchi age geri (omote & ura)								
soto oshi uke zuki, uchi oshi uke zuki	tsuki ten ichi	hiji nuki yori mae tembin	gyaku gote ura gaeshi nage, ura gatame	juji uke geri								
johaku nuki (katate & ryote), johaku dori (katate & ryote)	soto oshi uke geri ren hanko, uchi oshi uke geri ren hanko, kon ten ichi ren hanko	oshi kiri nuki, okuri dori	ryote okuri gote (also with okuri yoko tembin)	ryaku juji gote, maki juji gote								
tsuki ten ni ren hanko, furi ten ni ren hanko, hiki otoshi	eri nuki, ude maki	morote juji nuki, morote juji gote	tsuki ten san ren hanko, keru ten san ren han ko	morote hiki nuki, maki gote (katate & morote)								
gedan gaeshi ren hanko, gyaku tenshin geri ren hanko	gyaku tembin, morote oshi nuki	kinteki geri hiza uke nami gaeshi ren hanko, gyaku geri hiza uke nami gaeshi ren hanko	oshi gote (katate & ryote), kote maki gaeshi	morote wa nuki, morote maki nuki								

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