

VO9032015	2. Dan (48 weeks)	3. Dan (48 weeks)	kamok uhyo, Woche	kihon, Woche	2. Dan (48 weeks)	3. Dan (48 weeks)	kamoku hyo, Woche
1	ko manji ken; ren ko bo; tenchi ken dai ikkei → rokkei; uchi uke zuki, uchi uke geri	ryu no kata	1	25	uchi age zuki/geri; study ren kobo	kiri kaeshi tembin, kiri kaeshi maki tembin	21
2	giwa ken dai ikkei → nikei; off/def while moving (ren ko bo); keri kogeiki, tai sabaki (yoko/han/gyaku tenshin); soto uke zuki/geri	machi geri; offenses and defenses while moving	2	26	okuri dori; study dan kobo	uchi uke zuki/geri	22
3	various types of offenses and basic techniques while moving; kote nuki, gyaku gote; various types of ukemi; tsuki nuki (uchi, soto)	various kinds of tai sabaki; kihon kobo	3	27	kata muna otoshi/eri juji; study sei nage and ashi barai; johaku nuki, johaku dori, oshi kiri nuki	fukko chi ni, maki juji gote	23
4	ryuo ken dai ikkei (tan'en/sotai); tenchi ken dai ikkei/nikei (tan'en/sotai)	ren geri, dan geri, tobi komi geri; ko manji ken (manji no kata)	4	28	nuki/gyaku waza when grabbed by collar or sleeve; sode nuki, sode dori, sode maki; sode maki tembin, hiki otoshi	nidan nuki	24
5	nuki/gyaku waza when grabbed by the wrist	tenchi ken dai ikkei → rokkei (tan'en)	5	29	kinteki geri hiza uke nami gaeshi; me uchi, kinteki geri (sotai); kinteki geri and defense techniques (ken uke, hiza uke)	morote wa nuki	25
6	review	review	-	30	review	review	-
7	giwa ken dai ikkei (sotai); ryote yori nuki, maki nuki (ryote); hiji nuki yori mae tembin	johaku nuki/dori	6	31	gyaku geri hiza uke nami gaeshi	kuchu tenkai (flipping) from ippon se nage; kinteki geri hiza uke nami gaeshi	26
8	byakuren ken dai ikkei (tan'en); shita uke geri, shita uke jun geri, gyaku tenshin geri; ukemi (ukemi when thrown); tobi komi geri, tobi ren geri; ren geri, dan geri	practice nidan nuki, oshi gote	7	32	kuchu tenkai (flipping) from ippon se nage; study sei nage	kuchu tenkai (flipping) from kata guruma	27
9	tsuki ten ichi, keri ten san; ren zuki, ren geri; sokuto geri, ushiro geri; ren uke, dan uke, sambo uke	ude juji gatame, gyaku tembin	8	33	study ashi barai	morote maki nuki	28
10	defense against combination attacks; kon ten ichi; tsuki ten ni, furi ten ni	gyaku gote (katate, morote)	9	34	harai uke geri, juji uke geri; mawashi geri (ren) and defense techniques	tsuki ten san, keri ten san	29
11	various types of tai sabaki & umpoho	oshi gote	10	35	study various keri techniques; various types of dan geri	katate oshi nuki, kote maki gaeshi	30
12	review	review	-	36	review	review	-
kihon, Woche	2. Dan (48 weeks)	3. Dan (48 weeks)	kamok uhyo, Woche	kihon, Woche	2. Dan (48 weeks)	3. Dan (48 weeks)	kamoku hyo, Woche
13	juji nuki, juji gote; kiri nuki (soto/uchi); gassho nuki	maki nuki, okuri gote (katate/ryote)	11	37	various offenses with keri and defenses against; keri offense with sashikomi ashi, sashikae ashi	kusshin zuki/geri; kusshin geri tenkai ren geri	31
14	kiri kaeshi nuki, kiri gote; ryaku juji gote, maki juji gote	tsubame gaeshi, chidori gaeshi	12	38	nidan nuki, oshi gote; katate oshi nuki, kote maki gaeshi	soto uke geri/zuki	32
15	sankaku nuki; morote juji nuki, morote juji gote	sokuto geri, ushiro geri	13	39	dan attacks, dan counterattacks; tsubame gaeshi, chidori gaeshi	uchi age geri/zuki	33
16	uwa uke zuki, uwa uke geri	tai ten ichi, kaishin zuki	14	40	gedan gaeshi; defense against mawashi geri and sokuto geri	shita uke geri, shita uke jun geri	34
17	soto oshi uke zuki/geri; uchi oshi uke zuki/geri	sode nuki, sode dori (maki)	15	41	kusshin zuki, kusshin geri; kusshin zuki geri	okuri dori, okuri maki tembin; okuri hiji zeme	35
18	review	review	-	42	review	review	-
19	morote wa nuki, morote tsuki nuki; offense with kyokusen (arc) tsuki and defense against; shuto uchi, uraken uchi, uraken zuki	johaku nuki, oshi kiri nuki	16	43	gyaku tembin, morote oshi nuki; morote hiki nuki, maki gote	tsuri age dori	36
20	morote maki nuki; study hiji ate, hiza geri	uwa uke zuki/geri	17	44	review	gyakute nage, ryu nage	-/37
21	ude juji gatame, tate gassho gatame	harai uke geri, yori nuki (katate, ryote)	18	45	review	okuri tembin dori	-/38
22	yori nuki, maki nuki; study jodan kobo	kiri nuki (soto), gassho nuki	19	46	review	tsuri otoshi	-/39
23	okuri gote, okuri yoko tembin, okuri maki tembin; ryote okuri gote; study chudan kobo	kiri kaeshi nuki, kiri gote (katate, morote)	20	47	review	review	-
24	review	review	-	48	review	review	-

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1	kaishin zuki (ura, omote) ren hanko	machi geri	1	25	tsuri otoshi	kiri kaeshi nage	21
2	hangetsu geri ren hanko	tanto furi age ryusui geri	2	26	tsuri age dori	morote kiri kaeshi nage → kannuki gatame	22
3	gyakute nage → ura gatame/tembin gatame (ura)	tanto tsuki komi shita uke uchi otoshi geri	3	27	hiki muna otoshi	maki komi gote → ura gatame	23
4	ryu nage ryu gatame	age nuki	4	28	ryo muna otoshi	ryote katate nage → kannuki gatame	24
5	soto maki tembin	idori okuri gote → okuri yoko tembin ura gatame	5	29	jun geri chi ichi ren hanko	morote katate nage → kannuki gatame	25
6	review	review	-	30	review	review	-
7	uchi nuki (katate, ryote)	idori gyaku gote → osae yubi gatame/gyakute gatame/mae tembin gatame/kumo garami	6	31	gyaku geri chi ichi ren hanko	uwa uke se nage	26
8	shita uke geri kote nage → ura gatame/tembin gatame (ura)	idori oshi gote → kannuki gatame	7	32	maki otoshi → tembin gatame (ura)	kata uchi nage	27
9	tai ten ichi ren hanko	katate nage → kannuki gatame	8	33	soto maki otoshi	furisute omote nage	28
10	gyaku ten ichi ren hanko	gyaku katate nage → kannuki gatame	9	34	mawashi geri sambo uke nami gaeshi ren hanko	morote okuri kote nage	29
11	hiki tembin	okuri katate nage → kannuki gatame	10	35	dan geri sambo uke dan geri gaeshi ren hanko	okuri tsuki taoshi	30
12	review	review	-	36	review	review	-
hokei, Woche	2. Dan (48 weeks)	3. Dan (48 weeks)	kamok uhyo, Woche	hokei, Woche	2. Dan (48 weeks)	3. Dan (48 weeks)	kamoku hyo, Woche
13	gyaku hiki tembin	mikazuki gaeshi kari ashi	11	37	sokuto geri hiki ashi nami gaeshi ren hanko	koshi kujiki	31
14	kiri kaeshi tembin	suigetsu gaeshi oshi taoshi	12	38	nuki uchi oshi gote	soto uke dan zuki ren hanko	32
15	kiri kaeshi maki tembin	keri ten ichi sukui nage	13	39	harai uke dan zuki ren hanko	uchi age dan zuki ren hanko	33
16	uwa uke nage → kannuki gatame	hangetsu gaeshi sukui kubi nage	14	40	harai uke chi ni ren hanko	shita uke zuki ren han ko // shita uke dan zuki ren hanko	34
17	uwa uke yakute nage → kannuki gatame	sode maki gaeshi	15	41	jun geri chi san ren hanko	konoha okuri → konoha gatame // okuri yubi gaeshi	35
18	review	review	-	42	review	review	-
19	morote gyaku gote → tate ichiji gatame/se goshi ichiji gatame/kumo garami	sode guchi dori	16	43	gyaku geri chi san ren hanko	konoha gaeshi → konoha gatame	36
20	morote okuri gote bakuho (ichi) → tsuri age ura gatame/ura hiza gatame	sode guchi maki	17	44	review	gassho hiki tembin // nigiri gaeshi	-/37
21	ude juji gatame yori ura gassho gatame	chudan gaeshi ren hanko	18	45	review	okuri shi shi dori	-/38
22	okuri tembin dori (two patterns)	fukko chi ni	19	46	review	gassho okuri dori	-/39
23	okuri hiji zeme	kiri kaeshi gote → kiri kaeshi gatame	20	47	review	review	-
24	review	review	-	48	review	review	-