

PRÜFUNGSPROGRAMM DKV-KOBUDO

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Wartezeiten und Voraussetzungen

Wartezeiten

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

- Teilnahm 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

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

Yakusoku Kumi Bo

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

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

Yakusoku Kumi Bo

- | Angreifer | Verteidiger |
|----------------------|--|
| 1. Jodan Uchi | Jodan Uke, Gedan Ossai Uke, Chudan Tsuki |
| 2. Jodan Naname Uchi | Jodan Hanei Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Chudan 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

Yakusoku Kumi Bo

Angreifer	Verteidiger
1. Jodan Uchi	Jodan Uke, Gedan Ossai Uke, Chudan Tsuki
2. Jodan Naname Uchi	Jodan Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan 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 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 – Jodan Naname Uchi

Yakusoku Kumi Bo

	Angreifer	Verteidiger
1.	Jodan Uchi	Jodan Uke, Gedan Ossai Uke, Chudan Tsuki
2.	Jodan Naname Uchi	Jodan Hanei Uke, Chudan Yoko Uchi
3.	Chudan Yoko Uchi	Chudan Yoko Uke, Chudan 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, Erklärung des Abzeichens.

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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

Kata

Fukyugata (Bo Kata)

Theorie

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

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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

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 Karai 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 Fukyugata (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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

Noch 2. Kyu (Braun)

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

Kata

Fukyugata (Bo Kata)
Ni Chou Sai (Sai Kata)

Theorie

Wie 3. Kyu, zusätzlich praktische Anwendung Sai Hojo Undo (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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 1. Kyu (braun)

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

Kata

Fukyugata	(Bo Kata)
Ni Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)

Theorie

Wie 2. Kyu, zusätzlich praktische Anwendung Tunkwa Hojo Undo (Bunkai).

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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 1. Dan (Shodan)

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

Kata

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

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 – 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 Hanei Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Chudan Yoko Uchi |
| 4. Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 2. Dan (Nidan)

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

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Ni Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa 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 – 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 Hanei Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Chudan Yoko Uchi |
| 4. Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 3. Dan (Sandan)

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

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)
Tunkwa Ichi	(Tunkwa Kata)
Jiyu Kata	(freie Kata nach Auswahl des Prüflings)

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 – 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 Hanei Uke, Chudan Yoko Uchi |
| 3. Chudan Yoko Uchi | Chudan Yoko Uke, Chudan Yoko Uchi |
| 4. Gedan Yoko Uchi | Gedan Harai Uke, Jodan Naname Uchi |
| 5. Chudan Tsuki | Chudan Kake Uke, Chudan Tsuki |

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 4. Dan (Yondan)

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

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)
Jiyu Kata	(freie Kata nach Auswahl des Prüflings)

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 – 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 Hanei Uke, Chudan Yoko Uchi
3. Chudan Yoko Uchi	Chudan Yoko Uke, Chudan Yoko Uchi
4. Gedan Yoko Uchi	Gedan Harai Uke, Jodan Naname Uchi
5. Chudan Tsuki	Chudan Kake Uke, Chudan Tsuki

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 Karai Uke – Gedan Harai Uke – Kote Uchi – Gedan Uke
10. Chudan Tsuki – Chudan Harai Uke – Mawashi Kote Uchi – Gedan Uke

noch 5. Dan (Godan)

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

Kata

Fukyugata	(Bo Kata)
Shiu Shi No Kun	(Bo Kata)
Choun No Kun	(Bo Kata)
Sakugawa No Kun	(Bo Kata)
Chikin No Kun	(Bo Kata)
Shi Yoshi No Kun	(Bo Kata)
Ni Chou Sai	(Sai Kata)
San Chou Sai	(Sai Kata)
Tunkwa Ichi	(Tunkwa Kata)
Tunkwa Ni	(Tunkwa Kata)
Chikin Akachu No Ekudi	(Eku Kata)
Jiyu Kata	(freie Kata nach Auswahl des Prüflings)

5 Katas vom Prüfer + 1 freie Kata vom Prüfling

Theorie

Wie 4. Dan, zusätzlich Bunkai der Katas.