

# KATSU ANKARA

## 7-6 Derece Sınavı Teknik Listesi

Mae Ukemi, Ushiro Ukemi, Rei, Shikko

### *Tachi Waza*

#### Aihanmi Katate Dori

Ikkyo(Omote-Ura), Irimi Nage, Kote Gaeshi, Shiho Nage,  
Kokyu Nage

#### Shomen Uchi

Ikkyo(Omote-Ura), Irimi Nage, Kote Gaeshi

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# KATSU ANKARA

## 6-5 Derece Sınavı Teknik Listesi

### *Suwari Waza*

**Aihanmi Katate Dori**

**Ikkyo(Omote-Ura), Iriminage**

**Shomen Uchi**

**Ikkyo(Omote-Ura)**

### *Tachi Waza*

**Aihanmi Katate Dori**

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Iriminage,  
Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage**

**Gyakuhanmi Katate Dori**

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Iriminage,  
Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage**

**Shomen Uchi**

**Ikkyo(Omote-Ura), Nikkyo(Omote-Ura), Irimi Nage,  
Kote Gaeshi, Kokyu Nage**

**Chudan Tsuki**

**Irimi Nage, Kote Gaeshi**

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# KATSU ANKARA

## 5-4 Derece Sınavı Teknik Listesi

### *Suvari Waza*

**Aihanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Iriminage**

**Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo**

**Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Iriminage**

### *Tachi Waza*

**Aihanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Shiho Nage, Ude Kime Nage, Soto Kaiten Nage,  
Kokyu Nage**

**Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Shiho Nage, Uchi Kaiten Nage, Tenchi Nage, Kokyu Nage**

**Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Soto Kaiten Nage, Kokyu Nage**

**Chudan Tsuki**

**Irimi Nage, Kote Gaeshi, Ude Kime Nage**

**Ryote Dori**

**Ikkyo, Tenchi Nage**

**Yokomen Uchi**

**Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage**

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# KATSU ANKARA

## 4-3 Derece Sinavı Teknik Listesi

### *Suwari Waza*

#### Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kote Gaeshi

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo

#### Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage

### *Hanmi Handachi Waza*

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo

### *Tachi Waza*

#### Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Uchi Kaiten Nage, Soto Kaiten Nage, Koshi Nage, Kokyu Nage

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Uchi Kaiten Nage, Soto Kaiten Nage, Tenchi Nage, Kokyu Nage

#### Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Kokyu Nage

#### Chudan Tsuki

Ikkyo, Irimi Nage, Kote Gaeshi, Ude Kime Nage, Hijikime Osae

#### Ryote Dori

Ikkyo, Irimi Nage, Kote Gaeshi, Tenchi Nage, Kokyu Nage

**Yokomen Uchi**

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Shiho Nage,  
Ude Kime Nage, Kokyu Nage**

**Morote Dori**

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Kokyu Nage**

**Kata Dori**

**Ikkyo, Nikkyo**

***Ushiro Waza***

**Ryote Dori**

**Ikkyo, Nikkyo, Hiji Kime Osae, Iriminage, Kaiten Nage  
Kokyunage**

***Tanto Dori***

**Chudan Tsuki**

**Ikkyo, Hijikime Osae**

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## 3-2 Derece Sınavı Teknik Listesi

### *Suwari Waza*

#### Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kote Gaeshi

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Shihonage

#### Kata Dori

Ikkyo, Nikkyo

#### Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Iriminage, Kote Gaeshi

#### Yokomen Uchi

Ikkyo, Nikkyo, Iriminage, Kotegaeshi

### *Hanmi Handachi Waza*

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Kotegaeshi, Iriminage, Kotegaeshi, Shiho Nage, Sumi Otoshi, Kokyu Nage,

#### Ushiro Ryo Kata Dori

Ikkyo, Kokyu Nage

### *Tachi Waza*

#### Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Hijikime Osaе, Sumi Otoshi, Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Uchi Kaiten Sankyo, Soto Kaiten Nage, Soto Kaiten Nikkyo, Soto Kaiten Sankyo, Koshi Nage, Kokyu Nage

### **Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Hijikime Osae, Sumi Otoshi, Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Soto Kaiten Nage, Soto Kaiten Nikkyo, Tenchi Nage, Koshi Nage, Kokyu Nage**

### **Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Soto Kaiten Nage, Uchi Kaiten Nage, Koshi Nage, Kokyu Nage**

### **Chudan Tsuki**

**Ikkyo, Gokyo, Irimi Nage, Kote Gaeshi, Ude Kime Nage, Hijikime Osae**

### **Ryote Dori**

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Tenchi Nage, Shihonage, Kokyu Nage**

### **Yokomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Kokyu Nage**

### **Morote Dori**

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Juji Garami, Kokyu Nage**

### **Kata Dori**

**Ikkyo, Nikkyo**

### **Muna Dori**

**Ikkyo**

### **Jodan Tsuki**

**Ikkyo, Kote Gaeshi, Irimi Nage, Aiki Otoshi**

### **Kata Dori Men Uchi**

**Ikkyo, Kokyu Nage**

***Ushiro Waza***

**Ryote Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Udekime Nage, Hiji Kime Osae, Kaiten Nage, Shiho Nage,  
Kokyunage**

**Katate Dori Kubi Shime**

**Ikkyo**

**Ryo Kata Dori**

**Ikkyo, Kokyu Nage**

***Tanto Dori***

**Chudan Tsuki**

**Ikkyo, Gokyo, Kote Gaeshi, Irimi Nage, Udekime Nage,  
Udegarami, Hijikime Osae**

**Jo Dori**

**Chudan Tsuki**

**Ikkyo, Tenchi Nage (Gyaku Hanmi, Aihanmi),  
Shihonage (Gyaku Hanmi Aihanmi)**

**Jo Nage**

**Morote Dori**

**Kokyu Nage**

**Ken**

**Happo Kiri**

***Ninin Gake***

**Ryo Kata Dori**

**Kokyu Nage**

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# KATSU ANKARA

## 2-1 Derece Sınavı Teknik Listesi

### *Suwari Waza*

#### Aihanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage,  
Kote Gaeshi

#### Gyakuhanmi Katate Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kote Gaeshi,  
Shihonage

#### Kata Dori

Ikkyo, Nikkyo, Iriminage, Kote Gaeshi, Kokyu Nage

#### Muna Dori

Ikkyo, Nikkyo

#### Ryote Dori

Ikkyo, Nikkyo, Sankyo, Yonkyo, Kokyuho

#### Shomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Hiji Kime Osae,  
Iriminage, Kote Gaeshi

#### Ryo Kata Dori

Ikkyo, Nikkyo

#### Kata Dori Men Uchi

Ikkyo, Nikkyo, Iriminage, Kote Gaeshi

#### Jodan Tsuki

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Iriminage,  
Kotegaeshi

#### Yokomen Uchi

Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Hiji Kime Osae,  
Iriminage, Kotegaeshi

## ***Hanmi Handachi Waza***

### **Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Kotegaeshi, Iriminage, Kotegaeshi, Uchi Kaiten Nage, Soto Kaiten Nage, Uchi Kaiten Nikkyo, Soto Kaiten Nikkyo, Shiho Nage, Sumi Otoshi, Kokyu Nage,**

### **Ryote Dori**

**Ikkyo, Nikkyo, Irimi Nage, Kote Gaeshi, Shiho Nage**

### **Shomen Uchi**

**Ikkyo, Iriminage, Sumi Otoshi**

### **Ushiro Ryo Kata Dori**

**Ikkyo, Nikkyo, Sankyo, Kotegaeshi, Kokyu Nage**

## ***Tachi Waza***

### **Aihanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Hijikime Osae, Sumi Otoshi, Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Uchi Kaiten Sankyo, Soto Kaiten Nage, Soto Kaiten Nikkyo, Soto Kaiten Sankyo, Koshi Nage, Kokyu Nage, Jiyuwaza**

### **Gyakuhanmi Katate Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Hijikime Osae, Sumi Otoshi, Uchi Kaiten Nage, Uchi Kaiten Nikkyo, Soto Kaiten Nage, Soto Kaiten Nikkyo, Tenchi Nage, Koshi Nage, Kokyu Nage, Jiyuwaza**

### **Shomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Ude Kime Nage, Shiho Nage, Soto Kaiten Nage, Uchi Kaiten Nage, Uchi Kaiten Sankyo, Soto Kaiten Sankyo, Aiki Otoshi, Ganseki Otoshi, Ushiro Kiri Otoshi, Koshi Nage, Aiki Nage, Kokyu Nage, Jiyuwaza**

### **Chudan Tsuki**

**Ikkyo, Nikkyo, Gokyo, Irimi Nage, Kote Gaeshi, Tenchi Nage, Ude Kime Nage, Hijikime Osae, Soto Kaiten Nage, Uchi Kaiten Nage, Uchi Kaiten Sankyo, Soto Kaiten Sankyo, Koshi Nage, Kokyu Nage**

### **Ryote Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Tenchi Nage, Shihonage, Ude Kime Nage, Juji Garami, Koshi Nage, Kokyu Nage**

### **Yokomen Uchi**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Gokyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Hiji Kime Osae, Uchi Kaiten Nage, Uchi Kaiten Sankyo, Ude Kime Nage, Koshi Nage, Kokyu Nage**

### **Morote Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Juji Garami, Koshi Nage, Kokyu Nage**

### **Kata Dori**

**Ikkyo, Nikkyo, Iriminage, Kote Gaeshi, Uchi Kaiten Nikkyo, Soto Kaiten Nikkyo, Sumi Otoshi, Kokyu Nage**

### **Ryo Kata Dori**

**Ikkyo, Nikkyo, Aiki Otoshi, Kokyu Nage**

### **Muna Dori**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kotegaeshi, Shihonage, Uchi Kaiten Sankyo, Sumi Otoshi, Kokyu Nage**

### **Kata Dori Men Uchi**

**Ikkyo, Nikkyo, Iriminage, Kote Gaeshi, Shiho Nage, Koshi Nage, Juji Garami, Kokyu Nage**

### **Muna Dori Men Uchi**

**Ikkyo, Irimi Nage, Shiho Nage, Juji Garami**

### **Sode Dori**

**Ikkyo, Sumi Otoshi, Shiho Nage**

**Sode Dori Jodan Tsuki**

**Ikkyo**

**Jodan Tsuki**

**Ikkyo, Nikkyo, Kote Gaeshi, Irimi Nage, Shiho Nage,  
Aiki Otoshi, Ganseki Otoshi, Ushiro Kiri Otoshi, Koshi Nage**

**Suihei Uchi**

**Ikkyo, Irimi Nage**

**Mae Geri**

**Irimi Nage**

***Ushiro Waza***

**Ryote Dori**

**Ikkyo, Nikkyo, Sankyo, Irimi Nage, Kote Gaeshi,  
Udekime Nage, Hiji Kime Osae, Kaiten Nage, Shiho Nage,  
Koshi Nage, Kokyunage**

**Katate Dori Kubi Shime**

**Ikkyo, Nikkyo, Sankyo, Yonkyo, Iriminage, Kotegaeshi,  
Juji Garami, Shihonage, Koshi Nage**

**Ryo Kata Dori**

**Ikkyo, Nikkyo, Sankyo, Shihonage, Ude Kime Nage,  
Kotegaeshi, Irimi Nage, Aiki Otoshi**

**Eri Dori**

**Ikkyo, Iriminage**

**Eri Dori Men Uchi**

**Ikkyo, Iriminage, Kote Gaeshi, Shiho Nage**

**Hagaijime**

**Kokyu Nage**

***Tanto Dori***

**Chudan Tsuki**

**Ikkyo, Gokyo, Kote Gaeshi, Irimi Nage, Udekime Nage,  
Udegarami, Hijikime Osae**

**Jo Dori**

**Chudan Tsuki**

**Ikkyo, Tenchi Nage (Gyaku Hanmi, Aihanmi),  
Shihonage (Gyaku Hanmi Aihanmi), Sumi Otoshi, Kokyu  
Nage**

**Jo Nage**

**Morote Dori**

**Kokyu Nage**

**Tachi tai Tachi**

**Shomen Uchi**

**Jiyuwaza**

***Sannin Gake***

**Ryo Kata Dori**

**Kokyu Nage**

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