



## Optional Examination Programme for Children up to Age 12

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- \* The examiners need to hold at least the first DAN in Ryūkyū Kobudō Teshshinkan.
  - \* Examinations for children are Dōjō-internal and thus do not need to be registered with the organization.
  - \* Examinations for children are free of charge.  
For each examination a fee of up to 10 Euro for the examiner and/or certificate may be demanded.
  - \* The particular certificate for examinations for children (A4-format) is available as free download.
  - \* The KYŪ-rank reached is shown by adding horizontal stripes, which optionally may be coloured, to the white belt. (10<sup>th</sup> KYŪ= 1 stripe, 9<sup>th</sup> KYŪ = 2 stripes, ...)
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- \* Only BŌ techniques are required.

<b>10th KYŪ - white belt with one stripe</b> SAN-TO-BUN & stances
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Perform 10 repetitions each!

1. HACHI-JI-DACHI: **SAN-TO-BUN** MOCHI-KAE (sliding change of grip)
2. HACHI-JI-DACHI: **YOKO-CHŪDAN-ZUKI** [MOCHI-KAE → CHŪDAN-ZUKI → MOCHI-KAE → ...]  
(TSUKI-movement: Rotate your fists!)
3. HACHI-JI-DACHI: **SHŌMEN-UCHI** (sliding change of grip, no preparatory movement)  
HIDARI-SHŌMEN-UCHI-GAMAE → MIGI-SHŌMEN-UCHI → MOCHI-KAE →  
MIGI-SHŌMEN-UCHI-GAMAE → HIDARI-SHŌMEN-UCHI → MOCHI-KAE → ...
4. HACHI-JI-DACHI: **Hip rotation** (1x → 2x → 3x + 1x → 2x → 3x + ...)  
(The BŌ stands vertically on the floor in front of one's body. Grab the BŌ with both hands at chest level and keep it immobile. Keep the shoulders immobile as well.)  
5x left & 5x right
5. HACHI-JI-DACHI: **YOKO-CHŪDAN-ZUKI** (with 3-fold rotation of the hip) 5x left & 5x right

<b>9th KYŪ - white belt with two stripes</b> stances & steps
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Perform 5 repetitions each left and right!

1. **BŌ-NO-KIHON Nr. 2**
2. SHIZEN-DACHI: **RENRAKU-SHŌMEN-UCHI** (always 2 steps for- and backwards respectively)
3. **NEKO-ASHI-DACHI → SHŌMEN-SHIKO-DACHI**  
(Hold the BŌ horizontally behind your back with the hollows of your elbows.):
 

→ NEKO-ASHI-DACHI	(KOSHI SHŌMEN)
→ move your front foot forward to assume SHŌMEN-SHIKO-DACHI	(KOSHI SHŌMEN)
→ while standing turn your hip by 45 degree outside	(KOSHI HANMI)
→ pull your front foot back to assume NEKO-ASHI-DACHI	(KOSHI SHŌMEN)
→ ...	
4. **BŌ-NO-KIHON Nr. 1**
5. **BŌ-NO-KIHON Nr. 3**



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### 8th KYŪ - white belt with three stripes GEDAN-UKE & GEDAN-BARAI

Perform 5 repetitions each left and right!

1. SHŌMEN-SHIKO-DACHI: **GEDAN-BARAI** (perform on the spot)
2. **CHŪDAN-URA-GAMAE** → **CHŪDAN-GAMAE**: (always 2 steps for- and backwards respectively)  
→ Step forward KŌKUTSU-DACHI → step forward SHŌMEN-SHIKO-DACHI  
→ step back KŌKUTSU-DACHI → step back SHŌMEN-SHIKO-DACHI  
→ ...
3. KŌKUTSU-DACHI: **GEDAN-UKE** (perform on the spot)
4. Like No. 2 + **GEDAN-UKE** and **GEDAN-BARAI** (always 2 steps for- and backwards respectively)
5. ASHI-KOMI-KAE (changing step on the spot): KŌKUTSU-DACHI + **GEDAN-UKE** →  
SHŌMEN-SHIKO-DACHI + **GEDAN-BARAI** → ...

### 7th KYŪ - white belt with four stripes BŌ-NO-KIHON Nr. 4 & 5

Perform 5 repetitions each left and right!

1. KŌKUTSU-DACHI: **YORI-ASHI GEDAN-NUKI** (slide forward)
2. KŌKUTSU-DACHI: **GEDAN-UKE-GAMAE** → **GEDAN-UKE** → **GEDAN-NUKI** (YORI-ASHI) → ...
3. SHŌMEN-SHIKO-DACHI: **GEDAN-BARAI-GAMAE** → **GEDAN-BARAI** → **SHŌMEN-UCHI-GAMAE**  
(NEKO-ASHI-DACHI) → **SHŌMEN-UCHI** → **CHŪDAN-ZUKI** → **CHŪDAN-GAMAE** → ...
4. **BŌ-NO-KIHON Nr. 4**
5. **BŌ-NO-KIHON Nr. 5**

### 6th KYŪ - white belt with five stripes SHŪSHI-NO-KUN (SHŌ) - sequences

Perform 5 repetitions (no. 4 only 2 repetitions)!

1. **Sequence #1:** **CHŪDAN-ZUKI**  
KATA-Technique 2-3 HACHI-JI-DACHI → YOKO-SHIKO-DACHI → Ō-KUTSU-DACHI → ...
2. **Sequence #2:** **GEDAN-UKE-GAMAE** (evade) → **GEDAN-UKE** → **GEDAN-NUKI**  
KATA-Technique 4-6 (YORI-ASHI) → HIDARI-TATE-UKE (left hand on top) → MIGI-MAWARU  
→ MIGI-TATE-UKE (left hand on top) → ...
3. **Sequence #3:** MIGI-TATE-UKE (left hand on top) + **BŌ-NO-KIHON No. 3** → ...  
KATA-Technique 6-10 (on the spot, only with your right leg in front)
4. **Sequence #4:** A) HEISOKU-DACHI: **JŌDAN-UCHI** (URA)  
KATA-Technique 11-19 B) step forward HIDARI-NANAME-MUSUBI-DACHI: **SHŌMEN-UCHI**  
C) set your left foot back in MIGI-ZENKUTSU-DACHI: **CHŪDAN-SOTO-UKE**  
\* A) - C) repeat three times  
\* Turn 180° counterclockwise, retract your left foot to assume position A)  
\* A) - C) repeat three times



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ヨーロッパ

Ryūkyū Kobudō Teshshinkan Kyō Kai - Europe  
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Hereby it is confirmed that / Hiermit wird bestätigt, dass /  
Настоящим подтверждается, что / この証明書確認するのは



\_\_\_\_\_ name / Name / Фамилия / 苗字

has passed the test for / die Prüfung bestanden hat zum /  
прошел (а) тест на / 試験を合格した

\_\_\_\_. KYŪ / КЮ / 級

\_\_\_\_\_ place / Ort / место / 所

\_\_\_\_\_ date / Datum / дата / 日付け

\_\_\_\_\_ sensei / Lehrer / учитель / 先生  
(stamp & signature / Stempel & Unterschrift /  
Печать и подпись / 判子 + 署名)

