

# Mushin



## Technieken om Shodan te bereiken

### A. Suwariwaza

1. Shomen Uchi Ikkyo  
Shomen Uchi Nikkyo  
Shomen Uchi Sankyo  
Shomen Uchi Yonkyo  
Shomen Uchi Gokyo  
Shomen Uchi Iriminage  
Shomen Uchi Kotegaeshi

2. Kata Dori Ikkyo  
Kata Dori Nikyo  
Kata Dori Sankyo  
Kata Dori Yonkyo  
Kata Dori Iriminage

3. Yokomen Uchi Ikkyo  
Yokomen Uchi Nikyo  
Yokomen Uchi Sankyo  
Yokomen Uchi Yonkyo  
Yokomen Uchi Gokyo  
Yokomen Uchi Iriminage  
Yokomen Uchi Kotegaeshi

4. Ryote Dori Kokyuhō

### B. Hanmihandachiwaza

1. Katate Dori Ikkyo  
Katate Dori Nikyo  
Katate Dori Sankyo  
Katate Dori Yonkyo  
Katate Dori Iriminage  
Katate Dori Kotegaeshi  
Katate Dori Shihonage  
Katate Dori Kaitenage  
Katate Dori Sumiotoshi

2. Ryote Dori Shihonage
3. Ushiro Ryokata Dori Ikkyo  
Ushiro Ryokata Dori Nikyo  
Ushiro Ryokata Dori Sankyo  
Ushiro Ryokata Dori Kotegaeshi

### C. Tachiwaza

1. Aihanmi Katate Dori Ikkyo  
Aihanmi Katate Dori Nikyo  
Aihanmi Katate Dori Sankyo  
Aihanmi Katate Dori Yonkyo  
Aihanmi Katate Dori Iriminage  
Aihanmi Katate Dori Kotegaeshi  
Aihanmi Katate Dori Shihonage  
Aihanmi Katate Dori Udekimenage

2. Katate Dori Ikkyo  
Katate Dori Nikyo  
Katate Dori Sankyo  
Katate Dori Yonkyo  
Katate Dori Iriminage  
Katate Dori Kotegaeshi  
Katate Dori Shihonage  
Katate Dori Kaitenage  
Katate Dori Sumiotoshi

3. Kata Dori Ikkyo  
Kata Dori Nikyo  
Kata Dori Sankyo  
Kata Dori Yonkyo

4. Sode Dori Ikkyo  
Sode Dori Nikyo  
Sode Dori Sankyo  
Sode Dori Yonkyo

5. Muna Dori Ikkyo  
Muna Dori Nikyo  
Muna Dori Sankyo  
Muna Dori Yonkyo
6. Ryote Dori Ikkyo  
Ryote Dori Nikyo  
Ryote Dori Sankyo  
Ryote Dori Yonkyo  
Ryote Dori Iriminage  
Ryote Dori Kotegaeshi  
Ryote Dori Shihonage  
Ryote Dori Udekimenage  
Ryote Dori Tenchinage  
Ryote Dori Koshinage
7. Ryokata Dori Ikkyo  
Ryokata Dori Nikyo  
Ryokata Dori Sankyo  
Ryokata Dori Yonkyo  
Ryokata Dori Aikiotoshi
8. Ryosode Dori Ikkyo  
Ryosode Dori Nikyo  
Ryosode Dori Sankyo  
Ryosode Dori Yonkyo  
Ryosode Dori Aikiotoshi
9. Morote Dori Ikkyo  
Morote Dori Nikyo  
Morote Dori Sankyo  
Morote Dori Yonkyo  
Morote Dori Iriminage  
Morote Dori Kotegaeshi  
Morote Dori Shihonage  
Morote Dori Kokyuho  
Morote Dori Kokyunage
10. Tsuki Iriminage  
Tsuki Kotegaeshi  
Tsuki Shihonage
11. Shomen Uchi Ikkyo  
Shomen Uchi Nikyo  
Shomen Uchi Sankyo (Sotokaiten,  
Uchikaiten)  
Shomen Uchi Yonkyo  
Shomen Uchi Iriminage  
Shomen Uchi Kotegaeshi  
Shomen Uchi Shihonage  
Shomen Uchi Kaitenage
- Shomen Uchi Jiyuwaza
12. Yokomen Uchi Ikkyo  
Yokomen Uchi Nikyo  
Yokomen Uchi Sankyo  
Yokomen Uchi Yonkyo  
Yokomen Uchi Gokyo  
Yokomen Uchi Iriminage  
Yokomen Uchi Kotegaeshi  
Yokomen Uchi Shihonage  
Yokomen Uchi Udehishigi
13. Kata Dori Shomen Uchi Ikkyo  
Kata Dori Shomen Uchi Shihonage  
Kata Dori Shomen Uchi Udekimenage  
Kata Dori Shomen Uchi Kotegaeshi  
Kata Dori Shomen Uchi Iriminage
14. Mae Geri Iriminage
- D. Ushirowaza**
1. Ushiro Ryotekubi Dori Ikkyo  
Ushiro Ryotekubi Dori Nikyo  
Ushiro Ryotekubi Dori Sankyo  
Ushiro Ryotekubi Dori Yonkyo  
Ushiro Ryotekubi Dori Udehishigi  
Ushiro Ryotekubi Dori Iriminage  
Ushiro Ryotekubi Dori Kotegaeshi  
Ushiro Ryotekubi Dori Shihonage  
Ushiro Ryotekubi Dori Jujigarami  
Ushiro Ryotekubi Dori Koshinage
2. Ushiro Ryokata Dori Ikkyo  
Ushiro Ryokata Dori Nikyo  
Ushiro Ryokata Dori Sankyo  
Ushiro Ryokata Dori Yonkyo  
Ushiro Ryokata Dori Iriminage  
Ushiro Ryokata Dori Aikiotoshi  
Ushiro Ryokata Dori Koshinage
3. Ushiro Eri Dori Ikkyo  
Ushiro Eri Dori Nikyo  
Ushiro Eri Dori Sankyo  
Ushiro Eri Dori Yonkyo

4. Ushiro Eri Dori Men Uchi Ikkyo  
Ushiro Eri Dori Men Uchi Nikyo  
Ushiro Eri Dori Men Uchi Sankyo  
Ushiro Eri Dori Men Uchi Yonkyo  
Ushiro Eri Dori Men Uchi Iriminage  
Ushiro Eri Dori Men Uchi Kotegaeshi  
Ushiro Eri Dori Men Uchi Shihonage
5. Ushiro Katate Dori Kubishime Ikkyo  
Ushiro Katate Dori Kubishime Nikyo  
Ushiro Katate Dori Kubishime Sankyo  
Ushiro Katate Dori Kubishime Yonkyo  
Ushiro Katate Dori Kubishime  
Iriminage  
Ushiro Katate Dori Kubishime  
Kotegaeshi  
Ushiro Katate Dori Kubishime  
Shihonage  
Ushiro Katate Dori Kubishime  
Koshinage

#### A. Tanto Dori Junte Gyakute

1. Yokomen Uchi Gokyo  
Yokomen Uchi Kotegaeshi  
Yokomen Uchi Udehishigi
2. Shomen Uchi Gokyo  
Shomen Uchi Kotegaeshi  
Shomen Uchi Udehishigi  
Shomen Uchi Uchikaitensankyo  
Shomen Uchi Sotokaitensankyo
3. Tsuki Kotegaeshi  
Tsuki Udehishigi  
Tsuki Uchikaitensankyo  
Tsuki Sotokaitensankyo  
Tsuki Gokyo

#### Jo Dori Jo Sabaki

### E. Buki No Bu

### F. Futaridori Renzokuwaza

## Technieken om Nidan te bereiken

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*Tevens alle eisen van het examen kyu en Shodan*

#### A. Suwariwaza

1. Ryote Dori Ikkyo  
Ryote Dori Nikyo  
Ryote Dori Sankyo  
Ryote Dori Yonkyo  
Ryote Dori Iriminage  
Ryote Dori Kotegaeshi (Two Ways)  
Ryote Dori Tenchinage
2. Ryokata Dori Ikkyo  
Ryokata Dori Nikyo  
Ryokata Dori Sankyo  
Ryokata Dori Yonkyo
3. Shomen Uchi Gokyo

2. Ryote Dori Kokyunage
3. Ushiro Ryokata Dori Kokyunage  
Ushiro Ryokata Dori Sankyo (Two Ways)

#### C. Tachiwaza

1. Aihanmi Katate Dori Iriminage
2. Katate Dori Udehishigi  
Katate Dori Iriminage
3. Muna Dori Shihonage
4. Ryote Dori Kokyunage
5. Morote Dori Koshinage
6. Tsuki Udehishigi  
Tsuki Gokyo  
Tsuki Uchikaitensankyo  
Tsuki Sotokaitensankyo

#### B. Hanmihandachiwaza

1. Katate Dori Jiyugi

7. Shomen Uchi Sotokaitensankyo  
Shomenuchi Kokyunage
8. Yokomen Uchi Kokyunage  
Yokomen Uchi Jiyugi
9. Kata Dori Men Uchi Sankyo  
Kata Dori Men Uchi Koshinage

## D. Ushirowaza

1. Ushiro Ryotekubi Dori Kokynage
2. Ushiro Ryokata Dori Kokyunage
3. Ushiro Katate Dori Kubishime  
Kokyunage

## Technieken om Sandan te bereiken

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*Tevens alle eisen van het examen kyu, Shodan en Nidan*

### A. Suwariwaza

1. Shomen Uchi Jiyugi  
Shomen Uchi Kokyunage
2. Yokomen Uchi Jiyugi  
Yokomen Uchi Kokyunage
3. Ryokata Dori Iriminage Oyogi  
Ryokata Dori Kokyunage
4. Kata Dori Men Uchi Ikkyo  
Kata Dori Men Uchi Nikyo  
Kata Dori Men Uchi Sankyo  
Kata Dori Men Uchi Yonkyo  
Kata Dori Men Uchi Iriminage  
Kata Dori Men Uchi Kotegaeshi
5. Tsuki: Shomen Tsuki  
Ganmen Tsuki  
Tsuki Ikkyo  
Tsuki Udehishigi
5. Mae Eri Dori Kubushime Oyogi

### E. Futarigake

1. Futarigake
2. Futari Dori Renzikuwaza

### B. Hanmihandachiwaza

1. Katate Dori Kokyunage
2. Ryote Dori Jiyugi
3. Shomen Uchi Iriminage  
Shomen Uchi Kotegaeshi  
Shomen Uchi Kokyunage
4. Yokomen Uchi Kokyunage  
Yokomen Uchi Jiyugi
5. Ushiro Ryokata Dori Jiyugi

### C. Tachiwaza

1. Aihanmi Katate Dori Ikkyo (Two Ways)  
Aihanmi Katate Dori Iriminage (Three Ways)  
Aihanmi Katate Dori Koshinage
2. Katate Dori Iriminage (Three Ways)

## D. Tachi Tai Tachi

## E. Taninzugake

Sanningake  
Sannin Dori Renzokuwaza

## Technieken om Yodan te bereiken

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*Tevens alle eisen van het examen kyu, Shodan, Nidan en Sandan*

Kimusubi No Tachi  
5 Kumi Tachi  
5 Kumi Jo

**Hengaki And Ooyogi**

