

Aikido Prüfungsprogramm Kyu

5. Kyu

Tachi Waza

Ai Hanmi Katate Dori	Ikkyo - Shiho Nage - Irimi Nage
Katate Dori	Shiho Nage - Tenchi Nage
Shomen Uchi	Ikkyo - Irimi Nage

Suwari Waza

Shikko	
Ryote Dori	Kokyu Ho

4. Kyu

Tachi Waza

Katate Dori	Ikkyo - Nikyo - Kote Gaeshi - Irimi Nage - Uchi Kaiten Nage - Kokyu Nage - Ude Kime Nage - Sokumen Irimi Nage
Kata Dori	Ikkyo - Nikyo
Ai Hanmi Katate Dori	Nikyo - Sankyo - Kote Gaeshi - Ude Kime Nage
Shomen Uchi	Kote Gaeshi
Yokomen Uchi	Shiho Nage - Ude Kime Nage
Ryote Dori	Tenchi Nage
Ushiro Ryote Dori	Sankyo

Suwari Waza

Ai Hanmi Katate Dori	Ikkyo - Irimi Nage
Shomen Uchi	Ikkyo - Irimi Nage

3. Kyu

Tachi Waza

Katate Ryote Dori	Ikkyo - Nikyo - Kote Gaeshi - Ude Kime Nage - Kokyu Ho
Ryote Dori	Ikkyo - Shiho Nage
Ushiro Ryote Dori	Ikkyo - Nikyo - Kote Gaeshi - Shiho Nage - Irimi Nage - Ude Kime Nage
Yokomen Uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Kote Gaeshi - Irimi Nage
Shomen Uchi	Nikyo - Sankyo - Yonkyo
Verschiedene Angriffe	Kokyu Nage

Suwari Waza

Katate Dori	Ikkyo - Nikyo
Kata Dori	Ikkyo - Nikyo
Shomen Uchi	Nikyo - Sankyo - Yonkyo - Kote Gaeshi

Hanmi Handachi Waza

Katate Dori	Shiho Nage - Uchi Kaiten Nage
Shomen Uchi	Irimi Nage

2. Kyu

Tachi Waza

Kata Dori Men Uchi	Ikkyo - Nikyo - Sankyo - Kote Gaeshi - Shiho Nage - Irimi Nage
Ushiro Ryo Kata Dori	Ikkyo - Nikyo - Sankyo - Sokumen Irimi Nage
Kata Dori	Sankyo - Yonkyo
Katate Dori	Sankyo - Yonkyo - Sumi Otoshi - Aiki Otoshi - Koshi Nage
Shomen Uchi	Shiho Nage - Soto Kaiten Nage - Uchi Kaiten Nage
Yokomen Uchi	Gokyo
Ryote Dori	Kote Gaeshi - Irimi Nage
Ai Hanmi Katate Dori	Koshi Nage
Katate Ryote Dori	Irimi Nage
Ushiro Ryote Dori	Juji Garami - Sokumen Irimi Nage
Chudan Tsuki	Ikkyo - Irimi Nage
Jodan Tsuki	Hiji Kime Osae
Ushiro Ryo Hiji Dori	Ikkyo
Mae Ryo Kata Dori	Sokumen Irimi Nage
Verschiedene Angriffe	Kokyu Nage

Suwari Waza

Ryo Kata Dori	Ikkyo - Nikyo
Yokomen Uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Gokyo - Irimi Nage
Kata Dori	Sankyo
Katate Dori	Kote Gaeshi - Irimi Nage

Hanmi Handachi Waza

Shomen Uchi	Kote Gaeshi
Ryote Dori	Shiho Nage
Katate Dori	Soto Kaiten Nage

1. Kyu

Tachi Waza

Ushiro Eri Dori	Ikkyo - Kote Gaeshi - Shiho Nage
Jodan Tsuki	Ikkyo - Nikyo - Sankyo - Shiho Nage - Irimi Nage - Kaiten Nage
Chudan Tsuki	Nikyo - Sankyo - Kote Gaeshi - Kaiten Nage
Shomen Uchi	Gokyo
Muna Dori	Shiho Nage
Ushiro Katate Dori Kubi Shime	Kote Gaeshi - Shiho Nage
Katate Ryote Dori	Juji Garami
Verschiedene Anwendungen	Ikkyo - Nikyo - Sankyo - Yonkyo - Kaiten Nage - Sumi Otoshi
Verschiedene Angriffe und Schläge	Koshi Nage - Sokumen Irimi Nage
Alle Anwendungen mit	Ude Kime Nage auf Basis Shiho Nage - Hiji Kime Osae auf Basis Ikkyo - Nikyo Ura

Suwari Waza

Yokomen Uchi	Kote Gaeshi
Shomen Uchi	Gokyo

Hanmi Handachi Waza

Shomen Uchi	Ikkyo - Nikyo - Gokyo
Katate Dori	Nikyo