



AIKIDO YOSHINKAI DEUTSCHLAND

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Prüfungstechniken

(gültig ab 01.01.2007)

3. Dan (Sandan)

(Wartezeit 3 Jahre)

1. Tai no henko 1
2. Mune mochi hijishime 2 *
3. Ryote mochi kote gaeshi 1 *
4. Shitei waza 1
5. Shitei waza 2
6. Shitei waza 3
7. Shitei waza 4
8. Shitei waza 5
9. Shitei jiyu waza 1 (mind. 8 versch. Techniken)
10. Shitei jiyu waza 2 (mind. 8 versch. Techniken)
11. Shitei jiyu waza 3 (mind. 8 versch. Techniken)
12. Sannin-dori (1 Bokken, 1 Tanto, 1 Sude)
13. Shumatsu dosa 1
14. Shumatsu dosa 2

* jährlich andere Techniken

Shitei waza

- Katate mochi shiho nage 1/2
- Ryote mochi shiho nage 1/2
- Yokomen uchi shiho nage 1/2
- Shomen uchi shiho nage
- Hanmi handachi katate mochi shiho nage 1/2
- Hanmi handachi ryote mochi shiho nage
- x Shomen uchi ikkajo osae 1/2
- x Yokomen uchi ikkajo osae 1/2
- x Katate mochi ikkajo osae 1/2
- x Hiji mochi ikkajo osae 1/2
- x Kata mochi ikkajo osae 1/2
- Ushiro waza ryote mochi ikkajo osae 1/2
- Ushiro waza katate eri mochi ikkajo osae 1/2
- Ushiro waza ryohiji mochi ikkajo osae 1/2
- Ushiro waza ryokata mochi ikkajo osae 1/2
- Ushiro waza eri mochi ikkajo osae 1/2
- x Katate mochi nikajo osae 1/2
- x Katate aya mochi nikajo osae 1/2
- x Hiji mochi nikajo osae 1/2
- x Kata mochi nikajo osae 1/2
- x Mune mochi nikajo osae 1/2
- x Shomen uchi nikajo osae 1/2
- x Yokomen uchi nikajo osae 1/2
- x Shomen uchi sankajo osae 1/2
- x Yokomen uchi sankajo osae 1/2
- x Katate mochi sankajo osae 1/2
- x Ryote mochi sankajo osae 1/2
- x Hiji mochi sankajo osae 1/2
- x Kata mochi sankajo osae 1/2
- Ushiro waza ryote mochi sankajo osae 1/2
- Ushiro waza katate eri mochi sankajo osae 1/2
- Ushiro waza ryohiji mochi sankajo osae 1/2
- Ushiro waza ryokata mochi sankajo osae 1/2
- x Shomen uchi yonkajo osae 1/2
- x Yokomen uchi yonkajo osae 1/2
- x Katate mochi yonkajo osae 1/2
- x Ryote mochi yonkajo osae 1/2
- x Hiji mochi yonkajo osae 1/2
- x Kata mochi yonkajo osae 1/2
- x Katate mochi sokumen irimi nage 1/2
- x Kata mochi sokumen irimi nage 1/2
- x Shomen uchi sokumen irimi nage 1/2
- x Yokomen uchi sokumen irimi nage 1/2
- Ushiro waza ryote mochi sokumen irimi nage 1/2
- Ushiro waza ryohiji sokumen irimi nage 1/2
- Ushiro waza ryokata mochi sokumen irimi nage 1/2
- x Shomen uchi shomen irimi nage 1/2
- x Yokomen uchi shomen irimi nage 1/2
- x Katate mochi shomen irimi nage 1/2
- x Ryote mochi shomen irimi nage 1/2
- x Shomen tsuki shomen irimi nage 1/2
- x Shomen uchi hijishime 1/2
- x Yokomen uchi hijishime 1/2
- x Katate mochi hijishime 1/2
- x Kata mochi hijishime 1/2
- x Mune mochi hijishime 1/2
- Ushiro waza ryote mochi hijishime 1/2
- x Shomen uchi hijiate kokyu nage 1/2
- x Yokomen uchi hijiate kokyu nage 1/2
- x Katate mochi hijiate kokyu nage 1/2
- x Ryote mochi hijiate kokyu nage 1/2
- x Shomen tsuki hijiate kokyu nage 1/2
- Ushiro waza ryote mochi hijiate kokyu nage 1/2

3. Dan (Sandan)

- x Shomen uchi kote gaeshi 1/2
- x Yokomen uchi kote gaeshi 2
- x Shomen tsuki kote gaeshi 1/2
- x Katate mochi kote gaeshi 1/2
- x Ryote mochi kote gaeshi 1/2
- Ushiro waza ryote mochi kote gaeshi 1/2

- x Ryote mochi tenchi nage 1/2

- x Shomen uchi kokyu nage
- x Yokomen uchi kokyu nage
- x Katate mochi kokyu nage
- x Ryote mochi kokyu nage
- x Shomen tsuki kokyu nage

Suwari waza ryote mochi kokyu ho 1-5

Shitei Jiyu waza

Shomen uchi jiyu waza
Yokomen uchi jiyu waza
Katate mochi jiyu waza
Ryote mochi jiyu waza
Shomen tsuki jiyu waza
Kata mochi jiyu waza
Shomen uchi kata mochi yokomen uchi jiyu waza
Ushiro ryote mochi jiyu waza
Ushiro waza ryohiji mochi jiyu waza
Ushiro waza ryokata mochi jiyu waza
Tanto dori jiyu waza
Ken dori jiyu waza
Jo dori jiyu waza

- x = auch Suwari waza
Techniken werden beidseitig geprüft