



AIKIDO YOSHINKAN e.V.

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Prüfungstechniken

(gültig ab Oktober 2019)

3.- 1. Kyu

(Trainingszeit mind. 6 Monate)

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|---------------------------------|----------------------------|
| 1. Migi hanmi no kamae | 8. Suwari waza shomen uchi |
| 2. Hidari hanmi no kamae | shomen iriminage 2* |
| 3. Tai no henko 1 | 9. Shitei waza 1 |
| 4. Hiriki no yosei 1 | 10. Shitei waza 2 |
| 5. Hiriki no yosei 2 | 11. Shitei waza 3 |
| 6. Kata mochi ikkajo osae 1* | 12. Shumatsu dosa 1 |
| 7. Yokomen uchi yonkajo osae 2* | 13. Shumatsu dosa 2 |

*= (jährlich) wechselnde Techniken

Shitei waza

- | | |
|--|---------------------------------------|
| Katate mochi shiho nage 1/2 | x Katate mochi sokumen irimi nage 1/2 |
| Ryote mochi shiho nage 1/2 | x Kata mochi sokumen irimi nage 1/2 |
| Yokomen uchi shiho nage 1/2 | |
| | x Shomen uchi shomen irimi nage 1/2 |
| x Shomen uchi ikkajo osae 1/2 | x Yokomen uchi shomen irimi nage 1/2 |
| x Yokomen uchi ikkajo osae 1/2 | |
| x Kata mochi ikkajo osae 1/2 | x Shomen uchi hijishime 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2 | x Yokomen uchi hijishime 1/2 |
| | x Kata mochi hijishime 1/2 |
| x Katate mochi nikajo osae 1/2 | x Mune mochi hijishime 1/2 |
| x Kata mochi nikajo osae 1/2 | |
| x Shomen uchi nikajo osae 1/2 | x Shomen uchi kote gaeshi 1/2 |
| | x Yokomen uchi kote gaeshi 1/2 |
| x Shomen uchi sankajo osae 1/2 | |
| x Yokomen uchi sankajo osae 1/2 | x Ryote mochi tenchi nage 1 |
| Ushiro waza ryote mochi sankajo osae 1/2 | |
| | Suwari waza ryote mochi kokyu-ho 1/2 |
| x Shomen uchi yonkajo osae 1/2 | |
| x Yokomen uchi yonkajo osae 1/2 | |

x =auch Suwari waza
Kihon dosa mit Partner
Techniken werden beidseitig geprüft