

Kyu Prüfungsprogramm Aiki-Kai Zürich

Grad	Angriff	Technik	
1.Kyu			
Suwari waza	Shomen uchi	Ikkyo...Gokyo omote/ura	
	Katadori menuchi	{ Irimi nage Kote gaeshi Kokyu nage	
Hanmi han-tachi waza	Katatedori gyakuhanmi	{ Ikkyo/Nikyo Kote gaeshi Uchikaiten nage omote/ura	
	Shomen uchi	{ Irimi nage Kote gaeshi	
Tachi waza	Jodan tsuki	{ Irimi nage Ushiro kiri otoshi Aiki otoshi	
	Chudan tsuki	Jiyu waza	
	Katadori menuchi	{ Ikkyo...Yonkyo Koshi nage omote/ura	
	Mae geri	{ Irimi nage Kokyu nage	
	Muna dori	{ Ikkyo Shiho nage Uchikaiten sankyo omote/ura omote/ura	
	Ushiro katatedori kubi shime	{ Ikkyo Sankyo omote/ura	
	Ushiro eridori	{ Ikkyo Irimi nage omote/ura	
	Ushiro ryotedori	Jiyu waza	
	Kakari geiko (2 Ukes)	Ryote dori	Jiyu waza

Gültig ab August 2000

TK Aiki-Kai Zürich, 21.5.2000

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6.Kyu		
Suwari waza	Ryote dori	Kokyu ho
Tachi waza	Shomen uchi	Ikkyo omote/ura
	Katatedori gyakuhanmi	{ Shiho nage Irimi nage omote/ura ura
	Katatedori aihanmi	Kote gaeshi
5.Kyu		
Suwari waza	Shomen uchi	Ikkyo/Nikyo omote/ura
Tachi waza	Shomen uchi	Nikyo omote/ura
	Katatedori aihanmi	{ Shiho nage Irimi nage omote/ura ura
	Katatedori gyakuhanmi	{ Ikkyo/Nikyo Kokyu nage Uchikaiten nage omote/ura omote/ura
4.Kyu		
Suwari waza	Shomen uchi	Ikkyo...Sankyo omote/ura
Tachi waza	Shomen uchi	Sankyo omote/ura
	Yokomen uchi	{ Ikkyo/Nikyo Shiho nage Irimi nage omote/ura omote/ura ura
	Chudan tsuki	{ Uchikaiten sankyo Irimi nage Kote gaeshi omote/ura omote/ura
	Ryote dori	{ Ikkyo/Nikyo Shiho nage Udekime nage Tenchi nage omote/ura omote/ura

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3.Kyu		
Suwari waza	Yokomen uchi	{ Ikkyo...Yonkyo Irimi nage Kote gaeshi omote/ura
	Tachi waza	Shomen uchi
Chudan tsuki		{ Uchikaiten nage Udekime nage Hijikime osae omote/ura
Katateriyote dori		{ Ikkyo/Nikyo Kote gaeshi omote/ura
Ryote dori		{ Irimi nage Kokyu nage Kote gaeshi Koshi nage omote/ura
Ushiro ryote dori		{ Ikkyo Irimi nage Kokyu nage Kote gaeshi Shiho nage Juji garami omote/ura omote/ura omote/ura

Grad	Angriff	Technik
2.Kyu		
Suwari waza	Kata dori	Ikkyo...Yonkyo omote/ura
Hanmi han-tachi waza	{ Katatedori gyakuhanmi Ryote dori	Shiho nage omote/ura
		Shiho nage omote/ura
Tachi waza	Yokomen uchi	{ Ikkyo...Gokyo Koshi nage Kote gaeshi Jiyu waza omote/ura
	Jodan tsuki	{ Ikkyo Shiho nage omote/ura omote/ura
	Katatedori gyakuhanmi	{ Ikkyo Koshi nage Tenchi nage Sumi otoshi omote/ura
	Katadori menuchi	{ Irimi nage Kote gaeshi Shiho nage omote/ura omote/ura
	Ushiro ryohiji dori	{ Ikkyo Irimi nage omote/ura
Ushiro ryokata dori	{ Ikkyo Irimi nage Sankyo Kote gaeshi Kokyu nage	