

Aikido Kyoushinkan

Prüfungstechniken

(gültig ab April 2023)



3. - 1. Kyu

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| 1. Migi Hanmi no Kamae | 8. Ushiro Waza Ryote Mochi |
| 2. Hidari Hanmi no Kamae | Sankajo Osae 1* |
| 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. Yokomen Uchi Shihonage 2* | 12. Shumatsu Dosa 1 |
| 7. Suwari Waza Kata Mochi | 13. Shumatsu Dosa 2 |
| Sokumen Iriminage 1* | |

**= (jährlich) wechselnde Techniken*

Shitei Waza

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| Katate Mochi Shihonage 1/2 | |
| Ryote Mochi Shihonage 1/2 | x Katate Mochi Sokumen Iriminage 1/2 |
| Yokomen Uchi Shihonage 1/2 | x Kata Mochi Sokumen Iriminage 1/2 |
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| x Shomen Uchi Ikkajo Osae 1/2 | x Shomen Uchi Shomen Iriminage 1/2 |
| x Yokomen Uchi Ikkajo Osae 1/2 | x Yokomen Uchi Shomen Iriminage 1/2 |
| x Kata Mochi Ikkajo Osae 1/2 | |
| Ushiro Waza Ryote Mochi Ikkajo Osae 1/2 | x Shomen Uchi Hijishime 1/2 |
| | x Yokomen Uchi Hijishime 1/2 |
| x Katate Mochi Nikajo Osae 1/2 | x Kata Mochi Hijishime 1/2 |
| x Kata Mochi Nikajo Osae 1/2 | x Mune Mochi Hijishime 1/2 |
| x Shomen Uchi Nikajo Osae 1/2 | |
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| x Shomen Uchi Sankajo Osae 1/2 | x Shomen Uchi Kotegaeshi 1/2 |
| x Yokomen Uchi Sankajo Osae 1/2 | x Yokomen Uchi Kotegaeshi 1/2 |
| Ushiro Waza Ryote Mochi Sankajo Osae 1/2 | |
| | x Ryote Mochi TENCHINAGE 1 |
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| x Shomen Uchi Yonkajo Osae 1/2 | Suwari Waza Ryote Mochi Kokyu Ho 1/2 |
| x Yokomen Uchi Yonkajo Osae 1/2 | |

*x =auch Suwari Waza
Kihon Dosa mit Partner
Techniken werden beidseitig geprüft*

Vorbereitungszeit mind. 6 Monate