



**AIKIDO YOSHINKAN e.V.**

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## Prüfungstechniken

(gültig ab April 2023)

### 3.- 1. Kyu

(Trainingszeit mind. 6 Monate)

- |                              |                            |
|------------------------------|----------------------------|
| 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

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#### Shitei Waza

- |  |                                      |
|--|--------------------------------------|
| 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   |
| 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            |                                      |
|  | x Shomen Uchi Kotegaeshi 1/2         |
| x Shomen Uchi Sankajo Osae 1/2           | x Yokomen Uchi Kotegaeshi 1/2        |
| x Yokomen Uchi Sankajo Osae 1/2          |                                      |
| Ushiro Waza Ryote Mochi Sankajo Osae 1/2 | x Ryote Mochi Tenchinage 1           |
|  |                                      |
| 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