



AIKIDO YOSHINKAN e.V.

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Prüfungstechniken

(gültig ab Juli 2024)

3.- 1. Kyu

(Trainingszeit mind. 6 Monate)

- | | |
|----------------------------------------------|---------------------|
| 1. Migi Hanmi no Kamae | 8. Yokomen Uchi |
| 2. Hidari Hanmi no Kamae | Kotegaeshi 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. Ushiro Waza Ryote Mochi
Ikkajo Osae 2* | 12. Shumatsu Dosa 1 |
| 7. Kata Mochi Nikajo Osae 1* | 13. Shumatsu Dosa 2 |

*= (jährlich) wechselnde Techniken

Shitei Waza

Katate Mochi Shihonage 1/2

Ryote Mochi Shihonage 1/2

Yokomen Uchi Shihonage 1/2

x Shomen Uchi Ikkajo Osae 1/2

x Yokomen Uchi Ikkajo Osae 1/2

x Kata Mochi Ikkajo Osae 1/2

Ushiro Waza Ryote Mochi Ikkajo Osae 1/2

x Katate Mochi Nikajo Osae 1/2

x Kata Mochi Nikajo Osae 1/2

x Shomen Uchi Nikajo Osae 1/2

x Shomen Uchi Sankajo Osae 1/2

x Yokomen Uchi Sankajo Osae 1/2

Ushiro Waza Ryote Mochi Sankajo Osae 1/2

x Shomen Uchi Yonkajo Osae 1/2

x Yokomen Uchi Yonkajo Osae 1/2

x Katate Mochi Sokumen Iriminage 1/2

x Kata Mochi Sokumen Iriminage 1/2

x Shomen Uchi Shomen Iriminage 1/2

x Yokomen Uchi Shomen Iriminage 1/2

x Shomen Uchi Hijishime 1/2

x Yokomen Uchi Hijishime 1/2

x Kata Mochi Hijishime 1/2

x Mune Mochi Hijishime 1/2

x Shomen Uchi Kotegaeshi 1/2

x Yokomen Uchi Kotegaeshi 1/2

x Ryote Mochi Tenchinage 1

Suwari Waza Ryote Mochi Kokyu Ho 1/2

x =auch Suwari Waza

Kihon Dosa mit Partner

Techniken werden beidseitig geprüft