



AIKIDO YOSHINKAN e.V.

Lothstraße 62, 80335 München, Tel.: (089) 2 01 22 90

Prüfungstechniken

(gültig ab Juli 2026)

3.- 1. Kyu

(Trainingszeit mind. 6 Monate)

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|------------------------------------|---------------------------|
| 1. Migi Hanmi no Kamae | 8. Katate Mochi Sokumen |
| 2. Hidari Hanmi no Kamae | Iriminage 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 Sankajo | 12. Shumatsu Dosa 1 |
| Osae 1* | 13. Shumatsu Dosa 2 |
| 7. Shomen Uchi Hijishime 1* | 14. Shomen Uchi Jiyu Waza |
| | (Nur für den 1. Kyu) |

*= (jährlich) wechselnde Techniken

Shitei Waza

(Kein Suwari Shitei Waza für den 3. Kyu)

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|--|--------------------------------------|
| Katate Mochi Shihonage 1/2 | x Katate Mochi Sokumen Iriminage 1/2 |
| Ryote Mochi Shihonage 1/2 | x Kata Mochi Sokumen Iriminage 1/2 |
| Yokomen Uchi Shihonage 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