



AIKIDO YOSHINKAI DEUTSCHLAND

AIKIDO YOSHINKAI e.V.

Vereinsregister-Nr. 17458 Amtsgericht München

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

Prüfungstechniken

(gültig ab 01.01.2007)

1. Dan (Shodan)

(Wartezeit 1 Jahr)

- | | |
|--|----------------------------------|
| 1. Migi hanmi no kamae | 9. Shitei waza 2 |
| 2. Hidari hanmi no kamae | 10. Shitei waza 3 |
| 3. Hiriki no yosei 1 | 11. Shitei waza 4 |
| 4. Hiriki no yosei 2 | 12. Shitei jiyu waza |
| 5. Shomen uchi shiho nage | (mind. 6 verschiedene Techniken) |
| 6. Hanmi handachi ryote mochi shiho nage | 13. Shumatsu dosa 1 |
| 7. Shomen tsuki hijiate kokyu nage 1 | 14. Shumatsu dosa 2 |
| 8. Shitei waza 1 | |

Shitei waza

- | | |
|---|---------------------------------------|
| Katate mochi shiho nage 1/2 | x Shomen uchi shomen irimi nage 1/2 |
| Ryote mochi shiho nage 1/2 | x Yokomen uchi shomen irimi nage 1/2 |
| Yokomen uchi shiho nage 1/2 | |
| Hanmi handachi katate mochi shiho nage 1/2 | x Shomen uchi hijishime 1/2 |
| Hanmi handachi ryote mochi shiho nage | x Yokomen uchi hijishime 1/2 |
| | x Kata mochi hijishime 1/2 |
| x Shomen uchi ikkajo osae 1/2 | x Mune mochi hijishime 1/2 |
| x Yokomen uchi ikkajo osae 1/2 | |
| x Katate mochi ikkajo osae 1/2 | x Shomen uchi hijiate kokyu nage 1/2 |
| x Kata mochi ikkajo osae 1/2 | x Yokomen uchi hijiate kokyu nage 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2 | x Katate mochi hijiate kokyu nage 1/2 |
| Ushiro waza katate eri mochi ikkajo osae 1/2 | |
| | x Shomen uchi kote gaeshi 1/2 |
| x Katate mochi nikajo osae 1/2 | x Yokomen uchi kote gaeshi 1/2 |
| x Kata mochi nikajo osae 1/2 | x Shomen tsuki kote gaeshi 1/2 |
| x Shomen uchi nikajo osae 1/2 | |
| x Yokomen uchi nikajo osae 1/2 | x Ryote mochi tenchi nage 1/2 |
| | |
| x Shomen uchi sankajo osae 1/2 | Suwari waza ryote mochi kokyu ho 1-3 |
| x Yokomen uchi sankajo osae 1/2 | |
| x Kata mochi sankajo osae 1/2 | |
| Ushiro waza ryote mochi sankajo osae 1/2 | |
| Ushiro waza katate eri mochi sankajo osae 1/2 | |
| | |
| x Shomen uchi yonkajo osae 1/2 | |
| x Yokomen uchi yonkajo osae 1/2 | |
| x Katate mochi yonkajo osae 1/2 | |
| | |
| x Katate mochi sokumen irimi nage 1/2 | |
| x Kata mochi sokumen irimi nage 1/2 | |

Shitei Jiyu waza

- Shomen uchi jiyu waza
Yokomen uchi jiyu waza
Katate mochi jiyu waza
Ryote mochi jiyu waza
Shomen tsuki jiyu waza

x = auch Suwari waza
Techniken werden beidseitig geprüft