



# AIKIDO YOSHINKAI DEUTSCHLAND

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## Prüfungstechniken

(gültig ab 01.01.2007)

### 3. Dan (Sandan)

(Wartezeit 3 Jahre)

- |                                |  |
|--------------------------------|--|
| 1. Tai no henko 1              | 8. Shitei waza 5                                   |
| 2. Mune mochi hijishime 2 *    | 9. Shitei jiyu waza 1 (mind. 8 versch. Techniken)  |
| 3. Ryote mochi kote gaeshi 1 * | 10. Shitei jiyu waza 2 (mind. 8 versch. Techniken) |
| 4. Shitei waza 1               | 11. Shitei jiyu waza 3 (mind. 8 versch. Techniken) |
| 5. Shitei waza 2               | 12. Sannin-dori (1 Bokken, 1 Tanto, 1 Sude)        |
| 6. Shitei waza 3               | 13. Shumatsu dosa 1                                |
| 7. Shitei waza 4               | 14. Shumatsu dosa 2                                |

\* jährlich andere Techniken

#### Shitei waza

- |   |  |
|---|--|
| Katate mochi shiho nage 1/2                   | x Shomen uchi yonkajo osae 1/2                   |
| Ryote mochi shiho nage 1/2                    | x Yokomen uchi yonkajo osae 1/2                  |
| Yokomen uchi shiho nage 1/2                   | x Katate mochi yonkajo osae 1/2                  |
| Shomen uchi shiho nage                        | x Ryote mochi yonkajo osae 1/2                   |
| Hanmi handachi katate mochi shiho nage 1/2    | x Hiji mochi yonkajo osae 1/2                    |
| Hanmi handachi ryote mochi shiho nage         | x Kata mochi yonkajo osae 1/2                    |
| x Shomen uchi ikkajo osae 1/2                 | x Katate mochi sokumen irimi nage 1/2            |
| x Yokomen uchi ikkajo osae 1/2                | x Kata mochi sokumen irimi nage 1/2              |
| x Katate mochi ikkajo osae 1/2                | x Shomen uchi sokumen irimi nage 1/2             |
| x Hiji mochi ikkajo osae 1/2                  | x Yokomen uchi sokumen irimi nage 1/2            |
| x Kata mochi ikkajo osae 1/2                  | Ushiro waza ryote mochi sokumen irimi nage 1/2   |
| Ushiro waza ryote mochi ikkajo osae 1/2       | Ushiro waza ryohiji sokumen irimi nage 1/2       |
| Ushiro waza katate eri mochi ikkajo osae 1/2  | Ushiro waza ryokata mochi sokumen irimi nage 1/2 |
| Ushiro waza ryohiji mochi ikkajo osae 1/2     | x Shomen uchi shomen irimi nage 1/2              |
| Ushiro waza ryokata mochi ikkajo osae 1/2     | x Yokomen uchi shomen irimi nage 1/2             |
| Ushiro waza eri mochi ikkajo osae 1/2         | x Katate mochi shomen irimi nage 1/2             |
| x Katate mochi nikajo osae 1/2                | x Ryote mochi shomen irimi nage 1/2              |
| x Katate aya mochi nikajo osae 1/2            | x Shomen tsuki shomen irimi nage 1/2             |
| x Hiji mochi nikajo osae 1/2                  | x Shomen uchi hijishime 1/2                      |
| x Kata mochi nikajo osae 1/2                  | x Yokomen uchi hijishime 1/2                     |
| x Mune mochi nikajo osae 1/2                  | x Katate mochi hijishime 1/2                     |
| x Shomen uchi nikajo osae 1/2                 | x Kata mochi hijishime 1/2                       |
| x Yokomen uchi nikajo osae 1/2                | x Mune mochi hijishime 1/2                       |
| x Shomen uchi sankajo osae 1/2                | Ushiro waza ryote mochi hijishime 1/2            |
| x Yokomen uchi sankajo osae 1/2               | x Shomen uchi hijiate kokyu nage 1/2             |
| x Katate mochi sankajo osae 1/2               | x Yokomen uchi hijiate kokyu nage 1/2            |
| x Ryote mochi sankajo osae 1/2                | x Katate mochi hijiate kokyu nage 1/2            |
| x Hiji mochi sankajo osae 1/2                 | x Ryote mochi hijiate kokyu nage 1/2             |
| x Kata mochi sankajo osae 1/2                 | x Shomen tsuki hijiate kokyu nage 1/2            |
| Ushiro waza ryote mochi sankajo osae 1/2      | Ushiro waza ryote mochi hijiate kokyu nage 1/2   |
| Ushiro waza katate eri mochi sankajo osae 1/2 |  |
| Ushiro waza ryohiji mochi sankajo osae 1/2    |  |
| Ushiro waza ryokata mochi sankajo osae 1/2    |  |

### 3. Dan (Sandan)

- x Shomen uchi kote gaeshi 1/2
- x Yokomen uchi kote gaeshi 2
- x Shomen tsuki kote gaeshi 1/2
- x Katate mochi kote gaeshi 1/2
- x Ryote mochi kote gaeshi 1/2
- Ushiro waza ryote mochi kote gaeshi 1/2
  
- x Ryote mochi tenchi nage 1/2

- x Shomen uchi kokyu nage
- x Yokomen uchi kokyu nage
- x Katate mochi kokyu nage
- x Ryote mochi kokyu nage
- x Shomen tsuki kokyu nage

Suwari waza ryote mochi kokyu ho 1-5

#### Shitei Jiyu waza

Shomen uchi jiyu waza  
Yokomen uchi jiyu waza  
Katate mochi jiyu waza  
Ryote mochi jiyu waza  
Shomen tsuki jiyu waza  
Kata mochi jiyu waza  
Shomen uchi kata mochi yokomen uchi jiyu waza  
Ushiro ryote mochi jiyu waza  
Ushiro waza ryohiji mochi jiyu waza  
Ushiro waza ryokata mochi jiyu waza  
Tanto dori jiyu waza  
Ken dori jiyu waza  
Jo dori jiyu waza

- x = auch Suwari waza  
Techniken werden beidseitig geprüft