



YOSHINKAI AIKIDO DEUTSCHLAND

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Prüfungstechniken

(gültig ab 01.01.1998)

3.- 1. Kyu (Shokyushinsa Kamoku)

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Tai no henko 1
4. Hiriki no yosei 1
5. Hiriki no yosei 2
6. Katate mochi nikajo osae 2
7. Suwari waza yokomen uchi sankajo osae 2
8. Shomen uchi kote gaeshi 1
9. Shitei waza 1
10. Shitei waza 2
11. Shitei waza 3
12. Shumatsu dosa 1
13. Shumatsu dosa 2

Shitei waza

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|--|--------------------------------------|
| Katate mochi shiho nage 1/2 | x Shomen uchi hijishime 1/2 |
| Ryote mochi shiho nage 1/2 | x Yokomen uchi hijishime 1/2 |
| Yokomen uchi shiho nage 1/2 | x Kata mochi hijishime 1/2 |
| | x Mune mochi hijishime 1/2 |
| x Shomen uchi ikkajo osae 1/2 | |
| x Yokomen uchi ikkajo osae 1/2 | x Shomen uchi kote gaeshi 2 |
| x Kata mochi ikkajo osae 1/2 | x Yokomen uchi kote gaeshi 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2 | |
| | x Ryote mochi tenchi nage 1 |
| x Katate mochi nikajo osae 1/2 | |
| x Kata mochi nikajo osae 1/2 | Suwari waza ryote mochi kokyu ho 1/2 |
| x Shomen uchi nikajo osae 1/2 | |
| | |
| x Shomen 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 irimi nage 1/2 | |
| x Kata mochi sokumen irimi nage 1/2 | |
| | |
| x Shomen uchi shomen irimi nage 1/2 | |
| x Yokomen uchi shomen irimi nage 1/2 | |

x = auch Suwari waza

Kihon dosa mit Partner
Techniken werden beidseitig geprüft