

PRÜFUNGSPROGRAMM

Aiki Dojo

Ando2017

2. KYU

TACHI WAZA

Kata tori men uchi
Ikkyo 3 Formen
Yonkyo
Shiho nage
Irimi nage
Kote gaeshi
Kata tori
Ikkyo
Irimi nage
Chudan tsuki
Ikkyo
Irimi nage
Sokomen Irimi Nage (Naname
kokyu nage) o
Kote gaeshi
Shomen uchi
Shiho nage
Kaiten nage soto
Kokyu nage
Katate tori
Sumi otoshi
Aiki otoshi
Kokyu nage 3 Formen
Koshi nage
Ai hanmi katate tori
Yonkyo
Koshi nage
Ushiro kiri otoshi

SUWARI WAZA

Yokomen uchi
Ikkyo
Nikyo
Sankyo

Ryo kata tori
Ikkyo
Nikkyo
Irimi nage

HANMI HANDACHI WAZA

Shomen uchi
Irimi nage
Kote gaeshi
Katate tori
Kaiten nage soto
Ryote tori
Shiho nage

USHIRO WAZA

Ushiro ryo kata tori
Kokyu nage
Ikkyo
Sankyo
Sokomen Irimi Nage (Naname
kokyu nage)
Aiki otoshi
Ushiro hiji tori
Kokyu nage
Ikkyo

JIU WAZA Angriff: fassen

B: Bewertung - Dynamik/Position
- *Haltung*
- *Distanz*