

Kyu Prüfungsprogramm Aikido - VAK Lützelburg / LEW

Grundtechniken	Ikkyo	Nikkyo	Sankyo	Yonkyo	Gokyo	Ude kimi osae	Ude garami	Irimi nage	Shiho nage	Tenchi nage	Kaiten nage	Kote gaeshi	Ude kimi nage	Aiki otoshi	Sumi otoshi	Juji nage	Kiri otoshi	Koshi nage
AI hanmi katate tori	w g			gr				w g	ge			or	br				br	
Katate tori		ge	or	gr	bl	br	br	or	ge	or	or	gr			ge			gr
Ryote tori		ge	or						or	gr		gr						gr
Katate ryote tori			or					gr				gr						br
Kata tori		ge	or	gr					or	gr	or							
Ryokata tori														br				
Ushiro ryote tori		gr	or					gr	gr			gr		br		bl		
Ushiro ryokata tori														br				
Ushiro katate tori kubi shime			or															br
Shomen uchi	w g				bl		br	w g				or						
Yokomen uchi				gr	bl				ge	or		gr	br		ge		br	bl
Kata tori menuchi					bl			bl			bl					bl		
Chudan tsuki		ge			bl	br	br	gr			bl	or						
Mune tsuki						br					bl							
Hanmi handachi – katate tori									bl		bl							
Suwari waza – shomen uchi	br																	
Suwari waza – ryote tori		br																

6. Kyu
Weiß-Gelbgurt
w g
5. Kyu
Gelbgurt
ge
4. Kyu
Orangegurt
or
3. Kyu
Grüngurt
gr
2. Kyu
Blaugurt
bl
1. Kyu
Braungurt
br

Ergänzungen		w g
Tai sabaki		w g
Tae no henko – kihon waza		w g
Tae no henko – ki no nagare		w g
kokyu ho – ryote tori		w g
ushiro ukemi		w g
mae ukemi		ge
mae ukemi frei mit Partner		or
mae ukemi frei		gr
kokyo nage – 3 nach Wahl		bl
jo suburi 1-5		gr
jo suburi 1 – 10		bl
jo suburi 1 – 20		br
13 – jo kata		br
Ne waza – Bodentechniken 2x		bl
Kaeshi waza nikyo -> sankyo		br
KW - kote gaeshi -> irimi nage		br
KW - kote gaeshi -> kote gaeshi		br