

Prüfungsprogramm

5.KYU	
Voraussetzung: 30 Tage effektives Üben	
Tachi waza	
Techniken	Angriffe
IKKYO omote/ura	Shomen uchi
IRIMI NAGE ura	Shomen uchi
SHIHO NAGE omote/ura	Katate dori
Suwari waza	
Techniken	Angriff
KOKYU HO	Ryote dori
sonstiges	
Theorie Aikido	
Tai sabaki	
Ukemi (mae und ushiro)	

4.KYU	
Voraussetzung: 40 Tage effektives Üben	
Tachi waza	
Techniken	Angriffe
IKKYO omote/ura	Shomen uchi
IRIMI NAGE ura	Shomen uchi
NIKYO omote/ura	Kata dori
SHIHO NAGE omote/ura	Yokomen uchi
Suwari waza	
Techniken	Angriff
KOKYU HO	Ryote dori

3.KYU

Voraussetzung: 50 Tage effektives Üben

Suwari waza

Techniken

IKKYO omote/ura

NIKYO omote/ura

SANKYO omote/ura

YONKYO omote/ura

IRIMI NAGE ura

KOTE GAESHI

KOKYU HO

Angriffe

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Ryote dori

Tachi waza

Techniken

IKKYO omote/ura

NIKYO omote/ura

SANKYO omote/ura

YONKYO omote/ura

IRIMI NAGE ura

KOTE GAESHI

SHIHO NAGE omote/ura

TENCHI NAGE

IRIMI NAGE omote/ura

KOTE GAESHI

Angriffe

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Shomen uchi

Ryote dori

Ryote dori

Tsuki

Tsuki

Bokken

Suburi 1 bis 7

Shihogiri

Kumi Tachi Kihon waza 1 bis 5

Tachi Tori Jiu Waza

Jo

Jo no suburi 1 bis 10

Jo Tori Jiu Waza

Jo Nage Jiu Waza

2.KYU

Voraussetzung: 50 Tage effektives Üben

Suwari waza

Techniken

IKKYO omote/ura

NIKYO omote/ura

SANKYO omote/ura

YONKYO omote/ura

IRIMI NAGE omote/ura

KOTE GAESHI

KOKYU HO

Angriffe

Shomen uchi, Kata dori

Shomen uchi, Kata dori

Shomen uchi, Kata dori

Shomen uchi, Kata dori

Shomen uchi, Kata dori

Shomen uchi, Kata dori

Ryote dori

Hanmihandachi waza

Techniken

SHIHO NAGE omote/ura

Angriff

Katate dori

Tachi waza

Techniken

IKKYO omote/ura

NIKYO omote/ura

SANKYO omote/ura

YONKYO omote/ura

IRIMI NAGE ura

IRIMI NAGE omote/ura

KOTE GAESHI

KAITEN NAGE

Jiyū-waza

TENCHI NAGE

Angriffe

Kata dori, Shomen uchi

Kata dori, Shomen uchi

Kata dori, Shomen uchi

Kata dori, Shomen uchi

Kata dori, Shomen uchi

Shomen uchi, Tsuki, Katate dori

Shomen uchi, Tsuki, Katate dori

Katate dori

Katate dori

Ryote dori

Bokken

Suburi 1 bis 7

Happogiri

Kumi Tachi Kihon waza 1 bis 7

Tachi Tori Jiyū-waza

Jo

Jo no suburi 1 bis 15

Kumi Jo 1 bis 3

Jo Tori Jiu Waza

Jo Nage Jiu Waza

1.KYU

Voraussetzung: 60 Tage effektives Üben

Suwari waza

Techniken

IKKYO omote/ura
NIKYO omote/ura
SANKYO omote/ura
YONKYO omote/ura
IRIMI NAGE ura
KOTE GAESHI
KOKYU HO

Angriffe

Shomen uchi, Yokomen uchi, Kata dori
Shomen uchi, Yokomen uchi, Kata dori
Shomen uchi, Yokomen uchi, Kata dori
Shomen uchi, Yokomen uchi, Kata dori
Shomen uchi, Yokomen uchi, Kata dori
Shomen uchi, Yokomen uchi, Kata dori
Ryote dori

Hanmihandachi waza

Techniken

SHIHO NAGE omote/ura

Angriffe

Katate dori, Ryote dori

Tachi waza

Techniken

IKKYO omote/ura
NIKYO omote/ura
SANKYO omote/ura
YONKYO omote/ura
GOKYO ura
SHIHO NAGE omote/ura
IRIMI NAGE omote/ura
KOTE GAESHI
KAITEN NAGE uchi/soto
TENCHI NAGE
Jiyū-waza
KOKYU HO

Angriffe

Shomen uchi, Yokomen uchi, Kata dori, Ushiro ryote dori
Shomen uchi, Yokomen uchi, Kata dori, Ushiro ryote dori
Shomen uchi, Yokomen uchi, Kata dori, Ushiro ryote dori
Shomen uchi, Yokomen uchi, Kata dori, Ushiro ryote dori
Yokomen uchi
Katate dori, Ryote dori, Shomen uchi, Tsuki, Katate dori
Katate dori, Ryote dori, Shomen uchi, Tsuki, Katate dori
Katate dori, Ryote dori, Shomen uchi, Tsuki, Katate dori
Katate dori, Ryote dori, Shomen uchi, Tsuki, Katate dori
Ryote dori
Katate dori, Ryote dori, Morote dori
Katate dori, Ryote dori, Morote dori

Bokken

Suburi 1 bis 7
Kumi Tachi 3 (frei)
Ki Musubi no tachi
Tachi Tori Jiyū-waza
Shihogiri, Happogiri

Jo

Jo no suburi 1 - 20
Kumi Jo 1-5
Jo Tori Jiu Waza
Jo Nage Jiu Waza