



# AIKIDO YOSHINKAI DEUTSCHLAND

AIKIDO YOSHINKAI e.V.

Vereinsregister-Nr. 17458 Amtsgericht München

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## Prüfungstechniken

(gültig ab 01.01.2007)

### 1. Dan (Shodan)

(Wartezeit 1 Jahr)

- |  |                                  |
|--|----------------------------------|
| 1. Migi hanmi no kamae                   | 9. Shitei waza 2                 |
| 2. Hidari hanmi no kamae                 | 10. Shitei waza 3                |
| 3. Hiriki no yosei 1                     | 11. Shitei waza 4                |
| 4. Hiriki no yosei 2                     | 12. Shitei jiyu waza             |
| 5. Shomen uchi shiho nage                | (mind. 6 verschiedene Techniken) |
| 6. Hanmi handachi ryote mochi shiho nage | 13. Shumatsu dosa 1              |
| 7. Shomen tsuki hijiate kokyu nage 1     | 14. Shumatsu dosa 2              |
| 8. Shitei waza 1                         |                                  |

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#### Shitei waza

- |   |                                       |
|---|---------------------------------------|
| Katate mochi shiho nage 1/2                   | x Shomen uchi shomen irimi nage 1/2   |
| Ryote mochi shiho nage 1/2                    | x Yokomen uchi shomen irimi nage 1/2  |
| Yokomen uchi shiho nage 1/2                   |                                       |
| Hanmi handachi katate mochi shiho nage 1/2    | x Shomen uchi hijishime 1/2           |
| Hanmi handachi ryote mochi shiho nage         | x Yokomen uchi hijishime 1/2          |
|   | x Kata mochi hijishime 1/2            |
| x Shomen uchi ikkajo osae 1/2                 | x Mune mochi hijishime 1/2            |
| x Yokomen uchi ikkajo osae 1/2                |                                       |
| x Katate mochi ikkajo osae 1/2                | x Shomen uchi hijiate kokyu nage 1/2  |
| x Kata mochi ikkajo osae 1/2                  | x Yokomen uchi hijiate kokyu nage 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2       | x Katate mochi hijiate kokyu nage 1/2 |
| Ushiro waza katate eri mochi ikkajo osae 1/2  |                                       |
|   | x Shomen uchi kote gaeshi 1/2         |
| x Katate mochi nikajo osae 1/2                | x Yokomen uchi kote gaeshi 1/2        |
| x Kata mochi nikajo osae 1/2                  | x Shomen tsuki kote gaeshi 1/2        |
| x Shomen uchi nikajo osae 1/2                 |                                       |
| x Yokomen uchi nikajo osae 1/2                | x Ryote mochi tenchi nage 1/2         |
|   |                                       |
| x Shomen uchi sankajo osae 1/2                | Suwari waza ryote mochi kokyu ho 1-3  |
| x Yokomen uchi sankajo osae 1/2               |                                       |
| x Kata mochi sankajo osae 1/2                 |                                       |
| Ushiro waza ryote mochi sankajo osae 1/2      |                                       |
| Ushiro waza katate eri mochi sankajo osae 1/2 |                                       |
|   |                                       |
| x Shomen uchi yonkajo osae 1/2                |                                       |
| x Yokomen uchi yonkajo osae 1/2               |                                       |
| x Katate mochi yonkajo osae 1/2               |                                       |
|   |                                       |
| x Katate mochi sokumen irimi nage 1/2         |                                       |
| x Kata mochi sokumen irimi nage 1/2           |                                       |

#### Shitei Jiyu waza

- Shomen uchi jiyu waza  
Yokomen uchi jiyu waza  
Katate mochi jiyu waza  
Ryote mochi jiyu waza  
Shomen tsuki jiyu waza

x = auch Suwari waza  
Techniken werden beidseitig geprüft