

# Kyu - Prüfungsordnung Aikidojo e. V.

## 5`er kyu

### Tachi wasa

#### Angriffsform

Gyakkuhamni katate dori

Shomen uchi

#### Technik

Shiho nage (omote/ura)

Tenchi nage

Ikkyo (omote/ura)

Nikkyo (omote/ura)

Kote gaeshi

Irimi nage

## 4`er kyu

### Tachi wasa

#### Angriffsform

Gyakkuhamni katate dori

Shomen uchi

Yokomen uchi

#### Technik

Ikkyo (omote/ura)

Nikkyo (omote/ura)

Kote gaeshi

Irimi nage

Uchi kaiten nage

Sokumen irimi nage

Ude kime nage

Sankyo

Yonkyo

Shiho nage

Ude kime nage

### 3<sup>er</sup> kyu

#### Tachi wasa

##### Angriffsform

Gyaku-hamni katate dori

Kata dori

Kata dori men uchi

Katate ryote dori  
(murote - dori)

Ryotedori

#### Suwaru wasa

Shomen uchi

Katate dori

##### Technik

Soto kaiten-nage  
Irimi nage

Ikkyo (omote/ura)  
Nikkyo (omote/ura)

Irimi nage  
kote gaeshi  
Shiho nage

Ikkyo  
Ude kime nage  
Kote gaeshi

Shiho nage  
Tenchi nage

Ikkyo  
Irimi nage

Nikkyo  
Uchi kaiten nage

## 2`er kyu

### Tachi wasa

#### Angriffsform

Ushiro ryote dori

Shomen uchi

Kata dori

Katate ryote dori  
(murote dori)

Ryotedori

Ushiro ryote dori

Yokomen uchi

#### Technik

Ikkyo  
Nikkyo  
Kote gaeshi  
Shiho nage  
Irimi nage  
Ude kime nage

Ude Irimi nage  
sokomen iriminage  
uchi kaiten nage  
Soto kaiten nage  
Tenchi nage

Sankyo  
Yonkyo

Irimi nage  
Nikkyo

Ikkyo  
Kote gaeshi  
Irimi nage

Ikkyo  
Nikkyo  
Sankyo  
Kote gaeshi  
Shiho nage  
Irimi nage  
Ude kime nage  
Juji garame  
Sokomen irimi nage  
Uchi kaiten nage  
Soto kaiten nage

Tenchi nage  
Irimi nage  
Gokyo

### Suwari wasa

#### Technik

sankyo  
Irimi nage

Kata dori men uchi

Sankyo

Yonkyo

Chudan tsuki

Irimi nage

Shiho nage

## 1<sup>er</sup> Kyu

### Tachi waswa

#### Angriffsform

Shomen uchi

Chudan tsuki

Jodan tsuki

Mune dori

Ushiro katate dori  
Kubishime

#### Technik

Gokyo

Ikkyo  
Nikkyo  
Kote gaeshi  
Kaitennage  
Tenchi nage  
Sokomen nage  
Udekimi nage

Shiho nage  
Irimi nage

Shiho nage  
kote gaeshi  
Krimi nage

Shiho nage

### Hamni hantachi

#### Angriffsform

Ryote dori

Ushiro katate dori

#### Technik

Shiho nage

Jiu wasa

### Tachi wasa

Katate ryote dori(zwei Uke)  
(murote)

Randori mit zwei Händen

Shiho nage