

Kyu- Prüfungsordnung // Aikidojo e. V.

In dieser Prüfungsordnung werden die Techniken aufgezählt, die für den jeweiligen Kyu-Grad abgeprüft werden.

Verbeugungen zu Beginn: Zuerst Kamiza, dann Sensei (Prüfer*innen), dann zueinander und dann geht es los.

Verbeugungen am Ende: Zueinander, dann Sensei (Prüfer*innen), dann Kamiza.

5. Kyu

Tachi waza

Angriffsform	Technik
Gyaku han mi katate dori	Shiho nage (omote/ura) Tenchi nage
Shomen uchi	Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi (omote/ura) Irimi nage (omote/ura)

4. Kyu

Tachi waza

Angriffsform	Technik
Gyaku han mi katate dori	Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi (omote/ura) Irimi nage (omote/ura) Uchi kaiten nage (omote/ura) Sokumen irimi nage Ude kime nage
Shomen uchi	Sankyo (omote/ura) Yonkyo (omote/ura)
Yokomen uchi	Shiho nage (omote/ura) Ude kime nage

Tachi waza: Tori und Uke stehen

Suwari waza: Tori und Uke sitzen

Han mi han dachi (tachi)waza: Tori sitzt und Uke steht

Futari gake: 2 Angreifer*innen

Randori: viele Angreifer*innen

3. Kyu

Tachi waza

Angriffsform	Technik
Gyaku han mi katate dori	Soto kaiten nage (omote/ura)
Kata dori men uchi	Nikyo (omote/ura) Irimi nage (omote/ura) Kote gaeshi (omote/ura) Shiho nage (omote/ura)
Katate Ryote dori (Morote dori)	Ikkyo (omote/ura) Ude kime nage Kote gaeshi (omote/ura)
Ryote dori	Shiho nage (omote/ura) Tenchi nage
Ushiro ryote dori	Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi (omote/ura) Shiho nage (omote/ura) Irimi nage (omote/ura) Ude kime nage

Suwari waza

Angriffsform	Technik
Shomen uchi	Ikkyo (omote/ura) Irimi nage (omote/ura)
Kata dori men uchi	Nikyo (omote/ura) Uchi kaiten nage (omote/ura)

2. Kyu

Tachi waza

Angriffsform	Technik
Shomen uchi	Ude kime nage Sokumen irimi nage Uchi kaiten nage (omote/ura) Soto kaiten nage (omote/ura) Tenchi nage
Kata dori men uchi	Sankyo (omote/ura) Yonkyo (omote/ura)
Katate Ryote dori (Morote dori)	Nikyo (omote/ura) Irimi nage (omote/ura)
Ryote dori	Ikkyo (omote/ura) Kote gaeshi (omote/ura) Irimi nage (omote/ura)

Ushiro ryote dori	Sankyo (omote/ura) Juji garame Sokumen irimi nage Uchi kaiten nage (omote/ura) Soto kaiten nage (omote/ura)
Yokomen uchi	Tenchi nage (omote/ura) Irimi nage (omote/ura)
Chudan tsuki	Irimi nage (omote/ura) Shiho nage (omote/ura)
<i>Suwari waza</i>	
Shomen uchi	Sankyo (omote/ura)
<i>Han-mi-han-dachi (tachi) waza</i>	
Gyaku han mi katate dori	Shiho nage (omote/ura) Uchi kaiten nage (omote/ura) Soto kaiten nage (omote/ura)

1. Kyu

<i>Tachi waza</i>	
Angriffsform	Technik
Shomen uchi	Gokyo
Chudan tsuki	Ikkyo (omote/ura) Nikyo (omote/ura) Kote gaeshi (omote/ura) Kaiten nage (omote/ura) Tenchi nage (omote/ura) Sokumen irimi nage Ude kime nage
Jodan tsuki	Irimi nage (omote/ura) Shiho nage (omote/ura)
Mune dori	Irimi nage (omote/ura) Shiho nage (omote/ura) Kote gaeshi (omote/ura)
Ushiro katate dori kubishime	Shiho nage (omote/ura)
<i>Han mi han dachi (tachi) waza</i>	
Ryote dori	Shiho nage (omote/ura)
Ushiro katate dori kubishime	Sankyo (omote/ura) Kokyu nage
<i>Futari Gake</i>	
Katate Ryote dori (Morote dori)	Shiho nage (omote/ura)
<i>Randori</i>	