

Aikido Union Kremstal Prüfungsordnung

Aus: **The New Aikido Complete**
The Arts of Power and Movement by Yoshimisu Yamada
Lyle Stuart inc. 1981, Secaucus, N.J. 07094

5. Kyu 60 EH	1.	Shomen Uchi	Ikkyo	omote/ura
	2.	Shomen Uchi	Iriminage	
	3.	Katate Dori	Shiho Nage	omote/ura
	4.	Ryote Dori	Tenchinage	
	5.	Tsuki	Kote Gaeshi	
	6.	Ushiro Ryote Dori	Kote Gaeshi	
	7.	Katate Morote Dori	Kokyuhō	

4. Kyu 80 EH	1.	Shomen Uchi	Nikkyo	omote/ura
	2.	Yokomen Uchi	Shiho Nage	
	3.	Tsuki	Irimi Nage	
	4.	Ushiro Ryote Dori	Sankyo	
	5.	Ushiro Ryokata Dori	Kote Gaeshi	
	6.	Suwari Waza	Shomen Uchi	Ikkyo
			Katadori	Nikkyo
			Katadori	Sankyo

3. Kyu 100 EH	1.	Yokomen Uchi	Irimi Nage	2 Varianten
	2.	Yokomen Uchi	Kote Gaeshi	
	3.	Tsuki	Kaiten Nage	
	4.	Ushiro Ryokata Dori	Sankyo	omote/ura
	5.	Katate Ryote Dori	Irimi Nage	
	6.	Shomen Uchi	Sankyo	omote/ura
	7.	Suwari Waza	Shomen Uchi	Iriminage
			Shomen Uchi	Nikkyo
	8.	Hamni-Handachi	Katate Dori	Shiho Nage
			Katate Dori	Kaiten Nage

2. Kyu 150 EH	1.	Shomen Uchi	Shiho Nage		
	2.	Shomen Uchi	Kaiten Nage		
	3.	Yokomen Uchi	Gokyo		
	4.	Ushiro Ryote Dori	Shiho Nage		
	5.	Ushiro Ryote Dori	Jujigaramē		
	6.	Ushiro Kubishime	Koshi Nage		
	7.	Katate Ryote Dori	Nikkyo		
	8.	Hamni-Handachi	Shomen Uchi	Irimi Nage	
			Katate Dori	Nikkyo	
			Yokomen Uchi	Kote Gaeshi	
	9.	Jiyu Waza	2 Personen		

1. Kyu 200 EH	1.	Kata Dori Menuchi	5 Techniken		
	2.	Yokomen Uchi	5 Techniken		
	3.	Katate Ryote Dori	5 Techniken		
	4.	Shomen Uchi	5 Techniken		
	5.	Ryote Dori	5 Techniken		
	6.	Koshi Nage	5 Techniken		
	7.	Tanto Dori			
	8.	Hamni Handachi	Ushiro Waza	5 Techniken	
		Jiyu Waza	3 Personen		

SHO DAN 300 EH	1.	Alle Anforderungen aus 1. Kyu			
	2.	Tachi Dori			
	3.	Jo Dori			
	4.	Henka Waza			
	5.	Jiyu Waza	4 Personen		