

Prüfungsprogramm Aikido Feldkirch

6. KYU (40 Tage) 6. KYU (40 Tage)

Katatetori Aihanmi Ikkyo

Katatetori Aihanmi Iriminage

Katatetori Aihanmi Shihonage

5. KYU (60 Tage) 5. KYU (60 Tage)

Shomenuchi Ikkyo

Shomenuchi Iriminage

Katatetori Shihonage

Ryotetori Tenchinage

Tsuki Kotegaeshi

Ushiro Ryotetori Kotegaeshi

Morotetori Kokyuhō

4. KYU (80 Tage)

Shomenuchi Nikkyo

Yokomenuchi Shihonage

Tsuki Iriminage

Ushiro Ryotetori Sankyo

Ushiro Ryokatatori Kotegaeshi

Suwari waza Shomenuchi Ikkyo

Suwari waza Katatori Nikkyo

Suwari waza Katatori Sankyo

3. KYU (100 Tage) 3. KYU (100 Tage)

Yokomenuchi Iriminage (2 Varianten)

Yokomenuchi Kotegaeshi

Tsuki Kaitennage (uchi & soto)

Ushiro Ryokatatori Sankyo

Morotetori Iriminage (2 Varianten)

Shomenuchi Sankyo

Suwari waza Shomenuchi Iriminage

Suwari waza Shomenuchi Nikkyo

Hanmi handachi Katatetori Shihonage

Hanmi handachi Katatetori Kaitennage

Happo Giri

2. KYU (200 Tage) 2. KYU (200 Tage)

Shomenuchi Shihonage

Shomenuchi Kaitennage

Yokomenuchi Gokyo

Ushiro Ryotetori Shihonage

Ushiro Ryotetori Jujinage

Ushiro Kubishime Koshinage

Morotetori Nikkyo

Hanmi handachi Shomenuchi Iriminage

Hanmi handachi Katatetori Nikkyo

Hanmi handachi Shomenuchi Kotegaeshi

Randori 1 Angreifer

3 Techniken mit dem Bokken - Angriff Shomenuchi

1. KYU (300 Tage) 1. KYU (300 Tage)

Katatetori menuchi - 5 Techniken

Yokomenuchi - 5 Techniken

Morotetori - 5 Techniken

Shomenuchi - 5 Techniken

Ryotetori - 5 Techniken

Koshinage - 5 Techniken

Hanmi handachi - 5 Techniken

Tantotori

Randori 2 Angreifer

5 Techniken mit dem Bokken - Angriff Shomenuchi

SHODAN (400 Tage) SHODAN (400 Tage)

Alle Techniken des 1. Kyu

Tachitori

Jotori

Randori 3 Angreifer

NIDAN (600 Tage)

Alle Techniken des Shodan

Henka Waza

Randori 4 Angreifer