

# Kyu Prüfungsprogramm Aiki-Kai Zürich

Grad	Angriff	Technik	
<b>6.Kyu</b>			
Suwari waza	Ryote dori	Kokyu ho	
Tachi waza	{ Shomen uchi	Ikkyo	omote/ura
	{ Katatedori gyakuhanmi	{ Shiho nage	omote/ura
	{ Katatedori aihanmi	{ Irimi nage	ura
		Kote gaeshi	
<b>5.Kyu</b>			
Suwari waza	Shomen uchi	Ikkyo/Nikyo	omote/ura
Tachi waza	{ Shomen uchi	Nikyo	omote/ura
	{ Katatedori aihanmi	{ Shiho nage	omote/ura
		{ Irimi nage	ura
	{ Katatedori gyakuhanmi	{ Ikkyo/Nikyo	omote/ura
		{ Kokyu nage	omote/ura
		{ Uchikaiten nage	ura
<b>4.Kyu</b>			
Suwari waza	Shomen uchi	Ikkyo...Sankyo	omote/ura
Tachi waza	{ Shomen uchi	Sankyo	omote/ura
	{ Yokomen uchi	{ Ikkyo/Nikyo	omote/ura
		{ Shiho nage	omote/ura
		{ Irimi nage	ura
	{ Chudan tsuki	{ Uchikaiten sankyo	omote/ura
		{ Irimi nage	omote/ura
		{ Kote gaeshi	
	{ Ryote dori	{ Ikkyo/Nikyo	omote/ura
		{ Shiho nage	omote/ura
		{ Udekime nage	
		{ Tenchi nage	

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3.Kyu			
Suwari waza	Yokomen uchi	{ Ikkyo...Yonkyo Irimi nage Kote gaeshi	omote/ura
Tachi waza	Shomen uchi	{ Yonkyo Irimi nage Kote gaeshi Shiho nage	omote/ura omote/ura omote/ura
		Chudan tsuki	{ Uchikaiten nage Udekime nage Hijikime osae
	Katateriyote dori	{ Ikkyo/Nikyo Kote gaeshi	omote/ura
	Ryote dori	{ Irimi nage Kokyu nage Kote gaeshi Koshi nage	omote/ura
	Ushiro ryote dori	{ Ikkyo Irimi nage Kokyu nage Kote gaeshi Shiho nage Juji garami	omote/ura omote/ura omote/ura

<b>Grad</b>	<b>Angriff</b>	<b>Technik</b>	
2.Kyu			
Suwari waza	Kata dori	Ikkyo...Yonkyo	omote/ura
Hanmi han-tachi waza	{ Katatedori gyakuhanmi	Shiho nage	omote/ura
	{ Ryote dori	Shiho nage	omote/ura
Tachi waza	{ Yokomen uchi	{ Ikkyo...Gokyo	omote/ura
		{ Koshi nage	
		{ Kote gaeshi	
		{ Jiyu waza	
	{ Jodan tsuki	{ Ikkyo	omote/ura
		{ Shiho nage	omote/ura
	{ Katatedori gyakuhanmi	{ Ikkyo	omote/ura
		{ Koshi nage	
		{ Tenchi nage	
		{ Sumi otoshi	
	{ Katadori menuchi	{ Irimi nage	omote/ura
		{ Kote gaeshi	
		{ Shiho nage	omote/ura
	{ Ushiro ryohiji dori	{ Ikkyo	omote/ura
		{ Irimi nage	
	{ Ushiro ryokata dori	{ Ikkyo	
		{ Irimi nage	
		{ Sankyo	
		{ Kote gaeshi	
		{ Kokyū nage	

<b>Grad</b>	<b>Angriff</b>	<b>Technik</b>	
<b>1.Kyu</b>			
Suwari waza	<ul style="list-style-type: none"> <li>{ Shomen uchi</li> <li>{ Katadori menuchi</li> </ul>	Ikkyo...Gokyo	omote/ura
		<ul style="list-style-type: none"> <li>{ Irimi nage</li> <li>{ Kote gaeshi</li> <li>{ Kokyu nage</li> </ul>	
Hanmi hantachi waza	<ul style="list-style-type: none"> <li>{ Katatedori gyakuhanmi</li> <li>{ Shomen uchi</li> </ul>	<ul style="list-style-type: none"> <li>{ Ikkyo/Nikyo</li> <li>{ Kote gaeshi</li> <li>{ Uchikaiten nage</li> </ul>	omote/ura
		<ul style="list-style-type: none"> <li>{ Irimi nage</li> <li>{ Kote gaeshi</li> </ul>	
Tachi waza	Jodan tsuki	<ul style="list-style-type: none"> <li>{ Irimi nage</li> <li>{ Ushiro kiri otoshi</li> <li>{ Aiki otoshi</li> </ul>	
	Chudan tsuki	Jiyu waza	
	Katadori menuchi	<ul style="list-style-type: none"> <li>{ Ikkyo...Yonkyo</li> <li>{ Koshi nage</li> </ul>	omote/ura
	Mae geri	<ul style="list-style-type: none"> <li>{ Irimi nage</li> <li>{ Kokyu nage</li> </ul>	
	Muna dori	<ul style="list-style-type: none"> <li>{ Ikkyo</li> <li>{ Shiho nage</li> <li>{ Uchikaiten sankyo</li> </ul>	omote/ura omote/ura
	Ushiro katatedori kubi shime	<ul style="list-style-type: none"> <li>{ Ikkyo</li> <li>{ Sankyo</li> </ul>	omote/ura
	Ushiro eridori	<ul style="list-style-type: none"> <li>{ Ikkyo</li> <li>{ Irimi nage</li> </ul>	omote/ura
	Ushiro ryotedori	Jiyu waza	
Kakari geiko (2 Ukes)	Ryote dori	Jiyu waza	