

Kyu Prüfungsprogramm Aikido - VAK - Lützelburg / LEW

Grundtechniken	ikkyo	nikyo	sankyo	yonkyo	gokyo	ude kimi osae	ude garami	irimi nage	shiho nage	tenchi nage	kaiten nage	kote gaeshi	ude kimi nage	aiki otoshi	sumi otoshi	juji nage	kiri otoshi	koshi nage	Ergänzungen		
ai hanmi katate tori	yellow			green				yellow	yellow			orange	orange					orange		Tai sabaki	yellow
katate tori		yellow	orange	green	blue	orange	orange	orange	yellow	orange	orange	green			yellow				green	tenkan ashi	yellow
ryote tori		yellow	orange						orange	green		green							green	kokyu ho/ryote tori	yellow
katate ryote tori			orange					green				green							orange	ushiro ukemi	yellow
kata tori		yellow	orange	green					orange	green										mae ukemi	yellow
ryo kata tori														orange						frei m Partner	orange
mune tori		orange				orange														frei	green
ushiro ryote tori		stat	stat					green	green			stat		stat		blue				kokyu nage – 3x	blue
ushiro ryo kata tori														orange						jo suburi 1-5	green
ushiro katate tori kubi shime			orange															orange		jo suburi 6 – 10	blue
shomen uchi	yellow				blue		orange	yellow				orange								jo suburi 11 – 20	orange
yokomen uchi			green	green	blue				yellow	orange		green	orange		yellow		orange	blue		osae-komi-waza 2x	blue
kata tori menuchi			blue		blue			blue			blue					blue				kansetsu-waza 2x	orange
jodan tsuki		yellow			blue						blue										
chudan tsuki						orange	orange	green				orange									
mune tsuki		orange				orange	orange	green													

Angriffsformen

jodan tsuki	yellow
yokomen uchi	yellow

empi	blue
hiza geri	blue

chudan tsuki	orange
mune tsuki	orange

kakato geri	orange
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gyaku tsuki	green
teisho uchi/kiba dachi	green