

PRÜFUNGSRICHTLINIEN

Aus: ~~M~~ THE NEW AIKIDO COMPLETE

The Arts of Power and Movement by YOSHIMITSU YAMADA
Lyle Stuart Inc. 1981, Secaucus, N.J. 07094

KYU:

5. Kyu: (60 Stunden)
1. Shomenuchi Ikkyo (omote u. Ura)
 2. Shomenuchi Iriminage
 3. Katatetori Shihonage (omote u. Ura)
 4. Ryotetori Tenchinage
 5. Tsuki Kotegaeshi
 6. Ushiro Tekubitōri (Ryotetori) Kotegaeshi
 7. Katateriyōtōri (Morotetori) Kokyūho
4. Kyu: (80 Stunden)
1. Shomenuchi Nikkyo (omote U. ura)
 2. Yokomenuchi Shihonage (omote u. ura)
 3. Tsuki Iriminage
 4. Ushiro Ryōtōri Sankyo (omote u. ura)
 5. Ushiro Ryōkatōri Kotegaeshi
 6. Suwari Waza: Shomenuchi Ikkyo
Katōri Nikkyo (omote u. ura)
Katōri Sankyo
3. Kyu: (100 Stunden)
1. Yokomenuchi Iriminage (2 Arten)
 2. Yokomenuchi Kotegaeshi
 3. Tsuki Kaitennage
 4. Ushiro Ryōkatōri Sankyo (omote u. ura)
 5. Katateriyōtōri Iriminage (2 Arten)
 6. Shomenuchi Sankyo (omote u. ura)
 7. Suwari Waza: Shomenuchi Iriminage
Shomenuchi Nikkyo (omote u. ura)
 8. Hanmi-Handachi Waza:
Katōtōri Shihonage
Katōtōri Kaitennage (uchi u. soto)

