

PRÜFUNGSRICHTLINIEN:

Aus: THE NEW AIKIDO COMPLETE
The Arts of Power and Movement by YOSHIMISU 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 Tekubitori (Ryotetori) Kotegaeshi
 7. Katateryotetori (morotetori) Kokyuho
4. Kyu: (80 Stunden)
1. Shomenuchi Nikkyo (omote u. ura)
 2. Yokomenuchi Shihonage (omote u. ura)
 3. Tsuki Iriminage
 4. Ushiro Ryotetori Sankyo (omote u. ura)
 5. Ushiro Ryokatatori Kotegaeshi
 6. Suwari Waza: Shomenuchi Ikkyo
Katatori Nikkyo (omote u. ura)
Katatori Sankyo
3. Kyu: (100 Stunden)
1. Yokomenuchi Iriminage (2 Arten)
 2. Yokomenuchi Kotegaeshi
 3. Tsuki Kaitennage
 4. Ushiro Ryokatatori Sankyo (omote u. ura)
 5. Katateryotetori Iriminage (2 Arten)
 6. Shomenuch Sankyo (omote u. ura)
 7. Suwari Waza: Shomenuchi Iriminage
Shomenuchi Nikko (omote u. ura)
 8. Hamni-Handachi Waza:
Katatetori Shihonage
Katatetori Kaitennage (uchi u. soto)

2. Kyu: (150 Stunden)
1. Shomenuchi Shihonage
 2. Shomenuchi Kaitennage
 3. Yokomenuchi Gokyo
 4. Ushiro Tekubitori Shihonage
 5. Ushiro Tebukitori Jujinage (ähnl. Kokyonage)
 6. Ushiro Kubishime Koshinage
 7. Katateryotetori Nikkyo
 8. Hamni-Handachi: Shomenuchi Iriminage
Katatetori Nikkyo
Yokomenuchi Kotegaeshi
 9. Freestyle – 2 Personen
1. Kyu: (200 Stunden)
1. Katatori Menuchi – 5 Techniken
 2. Yokomenuchi – 5 Techniken
 3. Katateryotetori – 5 Techniken
 4. Shomenuchi – 5 Techniken
 5. Ryotetori - 5 Techniken
 6. Koshinage – 5 Techniken
 7. Tantotori
 8. Hamni-Handachi (Ushiro Waza – 5 Techniken)
 9. Freestyle – 3 Personen

DAN – PRÜFUNGEN

- SHO-DAN: (300 Stunden)
1. All of 1. Kyu – Anforderungen
 2. Tachitori
 3. Jotori
 4. Henkawaza (wechseln von einer zur anderen Technik –Prüfer sagt die erste Technik)
 5. Freestyle – 4 Personen
- NI-DAN: (500 Stunden)
1. Attend 2 seminars per year after Sho-Dan
 2. All of Sho-Dan requirements
 3. Tachitori – 2 Angreifer
 4. Freestyle – 5 Angreifer
 5. Kaeshiwaza (Gegentechniken)
- SAN-DAN: (600 Stunden)
1. Attend 2 Seminars per year after Ni-Dan
Subject of exam to be determined by
examiner at the time of the exam.

Die Stundenzahl betrifft die Anzahl zwischen den Prüfungen

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4. Kyu: (80 Stunden)
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 2. Yokomenuchi Shihonage (omote u. ura)
 3. Tsuki Iriminage
 4. Ushiro Ryotetori Sankyo (omote u. ura)
 5. Ushiro Ryokatatori Kotegaeshi
 6. Suwari Waza: Shomenuchi Ikkyo
Katatori Nikkyo (omote u. ura)
Katatori Sankyo
3. Kyu: (100 Stunden)
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 2. Yokomenuchi Kotegaeshi
 3. Tsuki Kaitennage
 4. Ushiro Ryokatatori Sankyo (omote u. ura)
 5. Katateriyotetori Iriminage (2 Arten)
 6. Shomenuchi Sankyo (omote u. ura)
 7. Suwari Waza: Shomenuchi Iriminage
Shomenuchi Nikkyo (omote u. ura)
- B. Hanmi-Handachi Waza:
- Katatetori Shihonage
 - Katatetori Kaitennage (uchi u. soto)

2. Kyu: (150 Stunden)
1. Shomenuchi Shihonage
 2. Shomenuchi Kaitennage
 3. Yokomenuchi Gokyo
 4. Ushiro Tekubitori Shihonage
 5. Ushiro Tekubitori Jujinage (ähnl. Kokyunage)
 6. Ushiro Kubishime Koshinage
 7. Katateryotetori Nikkyo
 8. Hanmi-Handachi: Shomenuchi Iriminage
Katatetori Nikkyo
Yokomenuchi Kotegaeshi
 9. Freestyle - 2 Personen

1. Kyu: (200 Stunden)
1. Katatori Manuchi - 5 Techniken
 2. Yokomenuchi - 5 Techniken
 3. Katateryotetori - 5 Techniken
 4. Shomenuchi - 5 Techniken
 5. Ryotetori - 5 Techniken
 6. Koshinage - 5 Techniken
 7. Tantetori
 8. Hanmi-Handachi (Ushiro Waza - 5 Techniken)
 9. Freestyle - 3 Personen

DAN PRÜFUNGEN

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