

Takemusu Aiki Kyu-Prüfungsprogramm

E. Kern Kyoshi 7. Dan Aikido

tai jutsu		5. Kyu	
tachi waza			
	hanmi		
	tai sabaki		
	ukemi		
Katate dori	tai no henko	kihon + ki no nagare	
Morote dori	kokyo ho		
katame waza			
katate dori	ikkyo	omote + ura	
shomen uchi	ikkyo	omote + ura	
nage waza			
katate dori	shio nage	omote + ura	
shomen uchi	irimi nage		
suwari waza			
ryote dori	kokyo ho		
buki waza			
	ken suburi	1 - 5	
	jo suburi	1 - 5	

tai jutsu		4. Kyu	
tachi waza			
katame waza			
kata dori	ikkyo	omote + ura	
katate dori	nikyo	omote + ura	
shomen uchi	nikyo	omote + ura	
nage waza			
katate dori	kokyo ho		
ryote dori	kokyo ho		
ryote dori	shiho nage	omote + ura	
yokomen uchi	shiho nage	omote + ura	
katate dori	irimi nage	chudan	
ryote dori	irimi nage	jodan	
suwari waza			
ryokata dori	kokyo ho		
shomen uchi	ikkyo	omote + ura	
buki waza			
	ken suburi	1 - 7	
	migi no ken awase		
	hidari no ken awase		
	jo suburi	1 - 10	
	roku no jo		

tai jutsu		3. Kyu	
tachi waza			
katame waza			
yokomen uchi	ikkyo	omote + ura	
kata dori	nikyo	omote + ura	
katate dori	sankyo	omote + ura	
shomen uchi	sankyo	omote + ura	
nage waza			
shomen uchi	shiho nage	omote + ura	
morote dori	shiho nage	omote + ura	
chudan tsuki	irimi nage		
yokomen uchi	irimi nage		
chudan tsuki	kote gaeshi		
shomen uchi	kote gaeshi		
katate dori	koshi nage		
ushiro waza			
ushiro ryote dori	ikkyo	omote + ura	
ushiro ryote dori	shiho nage	omote + ura	
suwari waza			
morote dori	kokyo ho		
kata dori	ikkyo	omote + ura	
shomen uchi	nikyo	omote + ura	
buki waza			
	happo giri		
	go no ken awase		
	shichi no ken awase		
	jo suburi	1 - 20	
	31 jo kata		

tai jutsu		2. Kyu	
tachi waza			
katame waza			
koza dori	ikkyo	omote + ura	
yokomen uchi	nikyo	omote + ura	
kata dori	sankyo	omote + ura	
katate dori	yonkyo	omote + ura	
shomen uchi	yonkyo	omote + ura	
nage waza			
ryokata dori	kokyo ho		
shomen tsuki	shiho nage	omote + ura	
kata dori men uchi	shiho nage	omote + ura	
katate dori	kote gaeshi		
ryote dori	koshi nage	2 Formen	
katate dori	kaiten nage uchi		
katate dori	kaiten nage soto		
ushiro waza			
ushiro ryote dori	nikyo	omote + ura	
ushiro ryote dori	irimi nage		
ushiro ryote dori	kote gaeshi		
suwari waza			
yokomen uchi	ikkyo	omote + ura	
kata dori	nikyo	omote + ura	
shomen uchi	sankyo	omote + ura	
shomen uchi	yonkyo	omote + ura	
hanmi handachi waza			
katate dori	shiho nage	omote	
shomen uchi	irimi nage		
buki waza			
	kumi tachi	1 + 2	
	kumi jo	1 + 2	
	13 jo kata		

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers

tai jutsu		1. Kyu	
tachi waza			
katame waza			
muna dori	ikkyo	omote + ura	
koza dori	nikyo	omote + ura	
ryote dori	nikyo	omote + ura	
yokomen uchi	sankyo	omote + ura	
muna dori	sankyo	omote + ura	
yokomen uchi	yonkyo	omote + ura	
yokomen uchi	gokyo	ura	
nage waza			
muna dori	shiho nage	omote + ura	
yokomen uchi	irimi nage		
kata dori men uchi	irimi nage		
yokomen uchi	kote gaeshi		
shomen uchi	koshi nage		
yokomen uchi	koshi nage		
chudan tsuki	kaiten nage soto		
ryote dori	tenchi nage		
kata dori men uchi	ude kime nage		
muna dori (men uchi)	juji nage		
ushiro waza			
ushiro ryote dori	sankyo	omote + ura	
ushiro ryote dori	irimi nage henka	("schräg")	
ushiro ryote dori	koshi nage		
ushiro ryote dori	juji nage		
suwari waza			
yokomen uchi	ikkyo bis gokyo	omote + ura	
kata dori	ikkyo bis yonkyo	omote + ura	
hanmi handachi waza			
katate dori	kaiten nage uchi		
katate dori	kaiten nage soto		
shomen uchi	kote gaeshi		
jiyu waza			
	1 Angriff	1 Uke	
buki waza			
	kumi tachi	1-5	
	kumi jo	1-5	

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers

5. Kyu

tai jutsu

tachi waza

Katate dori
Morote dori

katame waza

katate dori
shomen uchi

nage waza

katate dori
shomen uchi

suwari waza

ryote dori

buki waza

hanmi

tai sabaki

ukemi

tai no henko

kokyo ho

kihon + ki no nagare

ikkyo

omote + ura

ikkyo

omote + ura

shio nage

omote + ura

irimi nage

kokyo ho

ken suburi

1 - 5

jo suburi

1 - 5

4. Kyu

tai jutsu

tachi waza

katame waza

kata dori
katate dori
shomen uchi

nage waza

katate dori
ryote dori
ryote dori
yokomen uchi
katate dori
ryote dori

suwari waza

ryokata dori
shomen uchi

buki waza

ikkyo

omote + ura

nikyo

omote + ura

nikyo

omote + ura

kokyo ho

kokyo ho

shiho nage

omote + ura

shiho nage

omote + ura

irimi nage

chudan

irimi nage

jodan

kokyo ho

ikkyo

omote + ura

ken suburi

1 - 7

migi no ken awase

hidari no ken awase

jo suburi

1 - 10

roku no jo

合気道

3. Kyu

tai jutsu

tachi waza

katame waza

yokomen uchi	ikkyo	omote + ura
kata dori	nikyo	omote + ura
katate dori	sankyo	omote + ura
shomen uchi	sankyo	omote + ura

nage waza

shomen uchi	shiho nage	omote + ura
morote dori	shiho nage	omote + ura
chudan tsuki	irimi nage	
yokomen uchi	irimi nage	
chudan tsuki	kote gaeshi	
shomen uchi	kote gaeshi	
katate dori	koshi nage	

ushiro waza

ushiro ryote dori	ikkyo	omote + ura
ushiro ryote dori	shiho nage	omote + ura

suwari waza

morote dori	kokyo ho	
kata dori	ikkyo	omote + ura
shomen uchi	nikyo	omote + ura

buki waza

happo giri	
go no ken awase	
shichi no ken awase	
jo suburi	1 - 20
31 jo kata	

aikido

dojo waldkraiburg

合気道

2. Kyu

tai jutsu

tachi waza

katame waza

koza dori	ikkyo	omote + ura
yokomen uchi	nikyo	omote + ura
kata dori	sankyo	omote + ura
katate dori	yonkyo	omote + ura
shomen uchi	yonkyo	omote + ura

nage waza

ryokata dori	kokyo ho	
shomen tsuki	shiho nage	omote + ura
kata dori men uchi	shiho nage	omote + ura
katate dori	kote gaeshi	
ryote dori	koshi nage	2 Formen
katate dori	kaiten nage uchi	
katate dori	kaiten nage soto	

ushiro waza

ushiro ryote dori	nikyo	omote + ura
ushiro ryote dori	irimi nage	
ushiro ryote dori	kote gaeshi	

suwari waza

yokomen uchi	ikkyo	omote + ura
kata dori	nikyo	omote + ura
shomen uchi	sankyo	omote + ura
shomen uchi	yonkyo	omote + ura

hanmi handachi waza

katate dori	shiho nage	omote
shomen uchi	irimi nage	

buki waza

kumi tachi	1 + 2
kumi jo	1 + 2
13 jo kata	

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers

1. Kyu

tai jutsu

tachi waza

katame waza

muna dori	ikkyo	omote + ura
koza dori	nikyo	omote + ura
ryote dori	nikyo	omote + ura
yokomen uchi	sankyo	omote + ura
muna dori	sankyo	omote + ura
yokomen uchi	yonkyo	omote + ura
yokomen uchi	gokyo	ura

nage waza

muna dori	shiho nage	omote + ura
yokomen uchi	irimi nage	
kata dori men uchi	irimi nage	
yokomen uchi	kote gaeshi	
shomen uchi	koshi nage	
yokomen uchi	koshi nage	
chudan tsuki	kaiten nage soto	
ryote dori	tenchi nage	
kata dori men uchi	ude kime nage	
muna dori (men uchi)	juji nage	

ushiro waza

ushiro ryote dori	sankyo	omote + ura
ushiro ryote dori	irimi nage henka	("schräg")
ushiro ryote dori	koshi nage	
ushiro ryote dori	juji nage	

suwari waza

yokomen uchi	ikkyo bis gokyo	omote + ura
kata dori	ikkyo bis yonkyo	omote + ura

hanmi handachi waza

katate dori	kaiten nage uchi
katate dori	kaiten nage soto
shomen uchi	kote gaeshi

jiyu waza

1 Angriff 1 Uke

buki waza

kumi tachi 1-5
kumi jo 1-5

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers

