

TECHNIK ANGRIFF	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shi-Ho-Nage	Irimi-Nage	Kote-Gaeshi	Koshi-Nage	Kokyu-Nage	Uchi-Kaiten-Nage	Soto-Kaiten-Nage	Ten-Shi-Nage	Jyu-Ji-Nage	2	3	Frei
	Omote- und Ura-Waza					O. und U.-Waza									Verschiedene Techniken		
Kata-Dori	+	+	+	+													
Katate-Dori	○	○	○	○		○	○ _{3F}	○	○		○						
Morote-Dori									○	○							
Ryote-Dori						○			○	○						○	
Chudan-Tsuki							○	○			○						
Shomen-Uchi	○	○	○	○		○	○	○	○		○						
Yokomen-Uchi						○	○	○									
Ushiro Ryote-Dori	○	○	○	○				○									
Ushiro Ryo-Kata-Dori										○							
Ushiro Eri-Dori																	
Ushiro Kubishime																	
Tanto (div. Angriffe)					○ (Yokomen)			○ (Tsuki)									
Bokken (Tachi-Dori)																	
Jo (Jo-Dori)																	
Frei (Jiyu-Waza, Randori)																	○ 1 Uke

AIKIDO INSTITUT SCHWEIZ

PRUEFUNGSPROGRAMM 2. KYU

+

Suvari Waza

○

Tachi Waza

◆

Hamni Handachi Waza

Waffen:

Aiki Ken:

- 7 Suburi

- Ki Musubi-no-tachi

Aiki Jo:

- 1-20 Suburi

- 13er Kata