

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	○	○	○	○		○	○										
Morote-Dori										2 Var							
Ryote-Dori									○								
Chudan-Tsuki																	
Shomen-Uchi	○	○	○	○		○	○	○									
Yokomen-Uchi						○	○										
Ushiro Ryote-Dori																	
Ushiro Ryo-Kata-Dori																	
Ushiro Eri-Dori																	
Ushiro Kubishime																	
Tanto (div. Angriffe)																	
Bokken (Tachi-Dori)																	
Jo (Jo-Dori)																	
Frei (Jiyu-Waza, Randori)																	

AIKIDO INSTITUT SCHWEIZ

PRUEFUNGSPROGRAMM 3. KYU

+

Suvari Waza

○

Tachi Waza

◆

Hamni Handachi Waza

Zusätzlich:

- Mae Ukemi (rollen und hart fallen)

- Ushiro Ukemi (3 Arten)

Waffen:

Aiki Ken:

- Ken Awase (Migi, Hidari, Go, Shichi)

Aiki Jo:

- 1-10 Suburi