

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																	
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 5. KYU

⊕ Suwari Waza

○ Tachi Waza

◆ Hamni Handachi Waza

Zusätzlich:

- Tai no henko
- Morotedori Kokyu-ho
- Kokyu-ho Suwari-waza
- Mae und Ushiro Ukemi

Waffen:

*Aiki Ken:*

- 1-3 Ken Suburi