

mindest Voraussetzungen					
Graduierung	Monate	nat. Lehrgang	int. Lehrgang	Prüf. Gebühr	IMAF Gebühr
1. Dan	12	x	x	5	
2. Dan	18	x	x		
3. Dan	24	x	x		
4. Dan	36	x	x		
Renshi	24				schriftl. Arbeit
5. Dan	48	x	x		
6. Dan	60	x	x		

1. Dan			
tachi waza			
katame waza			
shomen uchi	dai ikkyo	omote & ura	
shomen uchi	dai nikyo	omote & ura	
shomen uchi	dai sankyo	omote & ura	
shomen uchi	dai yonkyo	omote & ura	
yokomen uchi	dai gokyo	ura	
nage waza			
	3 x	shiho nage	
	3 x	irimi nage	
	3 x	kokyu nage	
	3 x	koshi nage	
	3 x	kote gaeshi	
ushiro waza			
hanmi handachi waza	3 x		
tanken dori	3 x		
tachi dori	3 x		
jo dori	3 x		
suwari waza			
yokomen uchi	dai ikkyo	omote & ura	
yokomen uchi	dai nikyo	omote & ura	
yokomen uchi	dai sankyo	omote & ura	
yokomen uchi	dai yonkyo	omote & ura	
yokomen uchi	dai gokyo	omote	
jlyu waza			
ni ningeki			
buki waza			
1. mokuroku			
	7 ken suburi	1 - 7	
	migi no ken awase		
	hidari no ken awase		
	go no ken awase		
	shichi no awase		
	20 jo suburi	1 - 20	

2. Dan		Prüfungsfächer gemäß Vorgabe zum 1. Dan
jlyu waza		
san ningeki		
buki waza		
o 1. mokuroku		
2. mokuroku		
	31 jo kata	
	13 jo kata	

3. Dan		Prüfungsfächer gemäß Vorgabe zum 1. Dan
jlyu waza		
shi ningeki		
buki waza		
o 1. - 2. mokuroku		
3. mokuroku		
	happo giri	
	5 kumi tachi	
	kimusubi no tachi	

4. Dan		Prüfungsfächer gemäß Vorgabe zum 1. Dan
jlyu waza		
shi ningeki		
buki waza		
o 1. - 3. mokuroku		
4. mokuroku		
	31 kumi jo	

Takemusu Aiki Dan-Prüfungsprogramm

a = alternative Prüfungsanforderung

Stand Mai 2001

(Achtung!!! nur Vorschlag)			
nage waza			
	katate dori (gyaku hanmi)	shiho nage	
	shomen uchi		
	yokomen uchi		
	ryote dori		
	morote dori		
		irimi nage	
	katate dori (gyaku hanmi)		
	muna dori		
	shomen uchi		
	yokomen uchi		
	tsuki		
		kokyu nage	
	morote dori		
	ryote dori		
	yokomen uchi		
	katate dori (gyaku hanmi)		
	ushiro ryokata dori		
		koshi nage	
	shomen uchi		
	katate dori (gyaku hanmi)		
	ryote dori		
	morote dori		
	yokomen uchi		
		kote gaeshi	
	shomen uchi		
	katate dori		
	ryote dori		
	tsuki		
	yokomen uchi		
ushiro waza			
	ushiro ryote dori	shiho nage	omote
	ushiro ryote dori	kote gaeshi	
	ushiro katate dori kubi shime	koshi nage	
	ushiro ryote dori	juji nage	
	ushiro eri dori	kokyu nage	
hanmi handachi waza			
	katate dori	shiho nage	
	shomen uchi	irimi nage	
	katate dori	kaiten nage	uchi / soto
	ryote dori	tENCHI nage	
	shomen uchi	kote gaeshi	
tanken dori			
	tsuki	kote gaeshi	
	yokomen uchi	gokyu	
	tsuki	rokkyu	
	yokomen uchi	shiho nage	
	tsuki	kokyu nage (ude kime)	
tachi dori			
	shomen uchi	kote gaeshi	
	shomen uchi	kokyu nage (ude kime)	
	shomen uchi	koshi nage	
	shomen uchi	irimi nage	
	shomen uchi	kokyu nage	
jo dori			
		kokyu nage	
		kokyu nage	
		kokyu nage	
		kokyu nage	
		rokkyu	

5. Dan		Prüfungsfächer gemäß Vorgabe zum 1. Dan
jlyu waza		
shi ningeki		
buki waza		
o 1. - 4. mokuroku		
5. mokuroku		
	10 kumi jo	