

Takemusu Aiki Kyu-Prüfungsprogramm

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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	shiho 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	

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