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|  | Ki-Aikido graderingshjälp  7:e kyu (grönt bälte) |

# Hitori waza (soloövningar)

* Ushirotekubikosa zenshinwaza
* Ushirotekubikosa koshinwaza
* Tekubikosawaza
* Funakogiwaza

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# Kumi waza (aikidotekniker)

* Katadori ikkyo (irimi & tenkan)
* Ushirotekubidori kokyunage
* Ushirotekubitori koteoroshi
* Ushirotekubitori ikkyo tenkan
* Ryotedori kokyunage
* Ryotedori zemponage

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# Ordlista

|  |  |  |
| --- | --- | --- |
| katadori | 肩取り | grab shoulder |
| ikkyō | 一 教 | 1st teaching |
| irimi | 入身 | enter |
| tenkan | 転換 | convert, turn |
| ushirotekubidori | 後ろ手首取り | grabbing wrists from behind |
| kokyūnage | 呼吸投げ | throw with correct rhythm |
| koteoroshi | 小手下ろし | down the back of hand |
| ryōtedori | 両手取り | grabbing both hands |
| zempōnage | 前方投げ | throwing forward |