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|  | Ki-Aikido graderingshjälp  9:e kyu (gult bälte) |

# Hitori waza (soloövningar)

* Udemawashi waza
* Ikkyo waza
* Zengo waza

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# Kumi waza (aikidotekniker)

* Katatedori shihonage (irimi & tenkan)
* Katatedori ryotemochi kokyunage en undo
* Katatedori ryotemochi koteoroshi

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# Ordlista

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| katatetori | 片手取り | grabbing one hand |
| shihōnage | 四方投げ | four directions throw |
| irimi | 入身 | enter |
| tenkan | 転換 | convert, turn |
| ryōtemochi | 両手持ち | holding with both hands |
| kokyūnage | 呼吸投げ | throw with correct rhythm |
| en undō | 円 運動 | circular movement |
| koteoroshi | 小手下ろし | down the back of hand |

Notera att ordens stavelse ibland skiljer sig lite från teknikerna, t ex kokynage/kokyūonage. Betydelsen är också ibland lite knepig att förstå, men ger en ledtråd till hur de japanska instruktörerna tänkt sig att tekniken skall utföras.