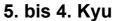


Takemusu Aikido

Prüfung für Erwachsene





5.KYU

50 Trainingstage

TACHI WAZA

Morote dori - Kokyu ho Katate dori - Irimi & Tenkan

Katate dori - Shihonage - Omote & Ura Shomen uchi - Ikkyo - Omote & Ura Shomen uchi - Iriminage

Munetzuki - Kotegaeshi

VARIATIONEN

Katate dori

UKEMI

Rollen - Vor- & Rückwärts

SUWARI WAZA

4.KYU

60 Trainingstage

TACHI WAZA

Katate dori - Tae no henko Morote dori - Kokyu ho

Shomen uchi - Ikkyo - Omote & Ura Shomen uchi - Nikyo - Omote & Ura

Shomen uchi - Iriminage Katate dori - Iriminage

Kata dori - Nikyo - Omote & Ura

Ryote dori - Tenchinage Tsuki - Kote gaeshi

Katate dori - Shihonage - Omote & Ura

Yokomen uchi - Shihonage - Omote & Ura

VARIATIONEN

Morote dori

UKEMI

Überschlag

SUWARI WAZA

Ryote dori - Kokyu ho