



Takemusu Aikido

Prüfung für Erwachsene

3. bis 2. Kyu



3. Kyu

80 Trainingstage

SUWARI WAZA

Shomen uchi - Ikkyo bis Yonkyo - Omote & Ura

TACHI WAZA

Morote dori - Kokyu ho
Shomen uchi - Ikkyo - Omote & Ura
Shomen uchi - Iriminage
Shomen uchi - Kote gaeshi
Katate dori - Kote gaeshi
Katate dori - Iriminage
Tsuki - Iriminage
Katate dori - Shihonage - Omote & Ura
Ryote dori - Shihonage - Omote & Ura
Yokomen uchi - Shihonage - Omote & Ura
Katate dori - Kaitenage
Katate dori - Koshinage
Ryokata - Kokyunage

VARIATIONEN

Alle Angriffe

WAFFEN

Bokken - 7 Suburi - Happa giri
- Migi-, Hidari no awaze

Jo - 13 Kata

2. Kyu

100 Trainingstage

SUWARI WAZA

Kata dori - Ikkyo bis Yonkyo - Omote & Ura

HANMI HANDACHI

Katate dori - Shihonage - Kaitenage
Ryote dori - Shihonage

TACHI WAZA

Yokomen uchi - Iriminage
Yokomen uchi - Kote gaeshi
Shomen uchi - Shihonage - Omote & Ura
Shomen uchi - Kaiten nage
Tsuki - Iriminage
Tsuki - Kote gaeshi
Tsuki - Kaiten nage
Katate dori - Iriminage - ue, migi, shita
Katate dori - Kote gaeshi - ue, migi, shita
Katate dori - Kaiten nage - uchi, soto
Ushiro ryote dori - Shihonage
Ushiro ryote dori - Kote gaeshi

VARIATIONEN

(3 Techniken zu jedem Angriff)

Kata menuchi
Ushiro ryokata dori
Kokyu nage
Koshinage

WAFFEN

Ken - Go-, Shichi no awaze
Jo - 20 Suburi und 31 Kata

JIYU WAZA

- 1 Person