



# Takemusu Aikido

## Prüfung für Erwachsene

### 5. bis 4. Kyu



#### 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