



Takemusu Aikido

Prüfung für Kinder

6. bis 4. Kyu



6.KYU

(grüner Gürtel)

SUWARI WAZA

Shomen uchi - Ikkyo bis Nikyo - Omote & Ura

TACHI WAZA

Shomen uchi - Sankyo - Omote & Ura
Kata dori - Ikkyo bis Sankyo - Omote & Ura
Ryote dori - Shihonage - Omote & Ura
Yokomen uchi - Shihonage - Omote & Ura
Munetsuki - Kote gaeshi
Shomen uchi - Kote gaeshi
Gyakute dori - Kote gaeshi
Shomen uchi - Iriminage
Katate dori - Iriminage
Katate dori - Kaitenage

VARIATIONEN

Morote dori

4. KYU

(brauner Gürtel)

SUWARI WAZA

Shomen uchi - Ikkyo bis Yonkyo - Omote & Ura

TACHI WAZA

Ryote dori - Ikkyo bis Yonkyo - Omote & Ura
Shomen uchi - Shihonage - Omote & Ura
Munetzuki - Shihonage - Omote & Ura
Munetzuki - Iriminage
Yokomen uchi - Iriminage
Katate dori - Kote gaeshi
Ryote dori - Kote gaeshi
Yokomen uchi - Kote gaeshi
Katate dori - Koshinage
Ryote dori - Koshinage

VARIATIONEN

Ushiro waza - 3 Techniken
Alle Angriffe

WAFFEN

Jo - Suburi 1 - 10
Jo - 13 Kata

JIYU WAZA

- 2 Personen

5.KYU

(brauner Gürtel)

SUWARI WAZA

Shomen uchi - Ikkyo bis Sankyo - Omote & Ura

TACHI WAZA

Katate dori - Sankyo - Omote & Ura
Katate dori - Shihonage - Omote & Ura
Shomen uchi - Shihonage - Omote & Ura
Yokomen uchi - Shihonage - Omote & Ura
Shomen uchi - Iriminage
Katate dori - Iriminage
Ryote dori - Iriminage
Gyakute dori - Iriminage
Katete dori - Kote gaeshi
Shomen uchi - Kote gaeshi
Katate dori - Koshinage

VARIATIONEN

Alle Griffe

WAFFEN

Jo - Suburi 1 - 5
Jo - 31 Kata