



# COMMISSION SPECIALISEE DES GRADES AIKIDO

C.S.G.A.

Date : 28.03.99

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## REGLEMENT INTERIEUR

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2 - Liste des Techniques à utiliser en priorité pour les interrogations Shodan et Nidan

### A- Suwari Waza

1)		1	2	3	4
	Shomen Uchi Ikkyo				
	Shomen Uchi Nikyo				
	Shomen Uchi Sankyo				
	Shomen Uchi Yonkyo				
	Shomen Uchi Gokyo				
	Shomen Uchi Irimi Nage				
	Shomen Uchi Kote Gaeshi				
2)		1	2	3	4
	Yokomen Uchi Ikkyo				
	Yokomen Uchi Nikyo				
	Yokomen Uchi Sankyo				
	Yokomen Uchi Yonkyo				
	Yokomen Uchi Gokyo				
	Yokomen Uchi Irimi Nage				
	Yokomen Uchi Kote Gaeshi				
3)		1	2	3	4
	Kata Dori Ikkyo				
	Kata Dori Nikyo				
	Kata Dori Sankyo				
	Kata Dori Yonkyo				
	Kata Dori Irimi Nage				
4)		1	2	3	4
	Ryote Dori Kokyu Ho				
	Ryote Dori Ikkyo				
	Ryote Dori Nikyo				
	Ryote Dori Sankyo				
	Ryote Dori Yonkyo				
	Ryote Dori Irimi Nage				
	Ryote Dori Kote Gaeshi				
5)		1	2	3	4
	Ryokata Dori Ikkyo				
	Ryokata Dori Nikyo				
	Ryokata Dori Sankyo				
	Ryokata Dori Yonkyo				

### B- Hanmi Han Dachi Waza

1)		1	2	3	4
	Katate Dori Ikkyo				
	Katate Dori Nikyo				
	Katate Dori Sankyo				
	Katate Dori Yonkyo				
	Katate Dori Irimi Nage				
	Katate Dori Kote Gaeshi				
	Katate Dori Shiho				



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		1	2	3	4
	Katate Dori Kaiten Nage				
	Katate Dori Sumi Otoshi				
	Katate Dori Kokyu Nage				
2)		1	2	3	4
	Ryote Dori Shiho Nage				
	Ryote Dori Kokyu Nage				
3)		1	2	3	4
	Ushiro Ryokata Dori Ikkyo				
	Ushiro Ryokata Dori Nikyo				
	Ushiro Ryokata Dori Sankyo				
	Ushiro Ryokata Dori Kote Gaeshi				
	Ushiro Ryokata Dori Kokyu Nage				

### C- Tachi Waza

1)		1	2	3	4
	Aihanmi Katate Dori Ikkyo				
	Aihanmi Katate Dori Nikyo				
	Aihanmi Katate Dori Sankyo				
	Aihanmi Katate Dori Yonkyo				
	Aihanmi Katate Dori Irimi Nage				
	Aihanmi Katate Dori Kote Gaeshi				
	Aihanmi Katate Dori Shiho Nage				
	Aihanmi Katate Dori Udekime Nage				
	Aihanmi Katate Dori Koshi Nage				
	Aihanmi Katate Dori Sumi Otoshi				
	Aihanmi Katate Dori Kokyu Nage				
2)		1	2	3	4
	Katate Dori Ikkyo				
	Katate Dori Nikyo				
	Katate Dori Sankyo				
	Katate Dori Yonkyo				
	Katate Dori Irimi Nage				
	Katate Dori Kote Gaeshi				
	Katate Dori Shiho Nage				
	Katate Dori Kaiten Nage				
	Katate Dori Sumi Otoshi				
	Katate Dori Hijikime Osae (Udehishigi)				
	Katate Dori Udekime Nage				
	Katate Dori Ude Garami				
	Katate Dori Kokyu Nage				
3)		1	2	3	4
	Kata Dori Ikkyo				
	Kata Dori Nikyo				
	Kata Dori Sankyo				
	Kata Dori Yonkyo				
	Kata Dori Irimi Nage				
	Kata Dori Kokyu Nage				



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4)		1	2	3	4
	Muna Dori Ikkyo				
	Muna Dori Nikyo				
	Muna Dori Sankyo				
	Muna Dori Yonkyo				
	Muna Dori Shiho Nage				
	Muna Dori Kokyu Nage				
5)		1	2	3	4
	Ryote Dori Ikkyo				
	Ryote Dori Nikyo				
	Ryote Dori Sankyo				
	Ryote Dori Yonkyo				
	Ryote Dori Irimi Nage				
	Ryote Dori Kote Gaeshi				
	Ryote Dori Shiho Nage				
	Ryote Dori Udekime Nage				
	Ryote Dori Tenchi Nage				
	Ryote Dori Koshi Nage				
	Ryote Dori Kokyu Nage				
6)		1	2	3	4
	Ryokata Dori Ikkyo				
	Ryokata Dori Nikyo				
	Ryokata Dori Sankyo				
	Ryokata Dori Yonkyo				
	Ryokata Dori Irimi Nage				
	Ryokata Dori Aiki Otoshi				
	Ryokata Dori Kokyu Nage				
7)		1	2	3	4
	Katate Ryote Dori Ikkyo				
	Katate Ryote Dori Nikyo				
	Katate Ryote Dori Sankyo				
	Katate Ryote Dori Yonkyo				
	Katate Ryote Dori Irimi Nage				
	Katate Ryote Dori Kote Gaeshi				
	Katate Ryote Dori Shiho Nage				
	Katate Ryote Dori Kokyu Ho				
	Katate Ryote Dori Kokyu Nage				
	Katate Ryote Dori Koshi Nage				
	Katate Ryote Dori Udekime Nage				
	Katate Ryote Dori juji Garami				
8)		1	2	3	4
	Chudan Tsuki Ikkyo				
	Chudan Tsuki Sankyo (Uchi Kaiten)				
	Chudan Tsuki Irimi Nage				
	Chudan Tsuki Kote Gaeshi				
	Chudan Tsuki Shiho Nage				
	Chudan Tsuki Kaiten Nage				



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	1	2	3	4
Chudan Tsuki Kokyu Nage				
Chudan Tsuki Udekime Nage				
Chudan Tsuki Hijikime Osae				
Chudan Tsuki Ushiro Kiri Otoshi				

  

9 )	1	2	3	4
Jodan Tsuki Ikkyo				
Jodan Tsuki Sankyo (Uchi Kaiten)				
Jodan Tsuki Irimi Nage				
Jodan Tsuki Kote Gaeshi				
Jodan Tsuki Shiho Nage				
Jodan Tsuki Kaiten Nage				
Jodan Tsuki Kokyu Nage				
Jodan Tsuki Udekime Nage				

  

10 )	1	2	3	4
Shomen Uchi Ikkyo				
Shomen Uchi Nikyo				
Shomen Uchi Sankyo (Soto Kaiten, Uchi Kaiten)				
Shomen Uchi Yonkyo				
Shomen Uchi Gokyo				
Shomen Uchi Irimi Nage				
Shomen Uchi Kote Gaeshi				
Shomen Uchi Shiho Nage				
Shomen Uchi Kaiten Nage				
Shomen Uchi Kokyu Nage				

  

11 )	1	2	3	4
Yokomen Uchi Ikkyo				
Yokomen Uchi Nikyo				
Yokomen Uchi Sankyo				
Yokomen Uchi Yonkyo				
Yokomen Uchi Gokyo				
Yokomen Uchi Irimi Nage				
Yokomen Uchi Kote Gaeshi				
Yokomen Uchi Shiho Nage				
Yokomen Uchi Udekime Nage				
Yokomen Uchi Kokyu Nage				

  

12 )	1	2	3	4
Kata Dori Menuchi Ikkyo				
Kata Dori Menuchi Nikyo				
Kata Dori Menuchi Sankyo				
Kata Dori Menuchi Shiho Nage				
Kata Dori Menuchi Udekime Nage				
Kata Dori Menuchi Koshi Nage				
Kata Dori Menuchi Kote Gaeshi				
Kata Dori Menuchi Irimi Nage				
Kata Dori Menuchi Kokyu Nage				

  

13 )	1	2	3	4
Mae Geri Irimi Nage				



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### D- Ushiro Waza

1)		1	2	3	4
	Ushiro Ryote Dori Ikkyo				
	Ushiro Ryote Dori Nikyo				
	Ushiro Ryote Dori Sankyo				
	Ushiro Ryote Dori Yonkyo				
	Ushiro Ryote Dori Hijikime Osae				
	Ushiro Ryote Dori Irimi Nage				
	Ushiro Ryote Dori Kote Gaeshi				
	Ushiro Ryote Dori Shiho Nage				
	Ushiro Ryote Dori Juji Garami				
	Ushiro Ryote Dori Koshi Nage				
	Ushiro Ryote Dori Kokyu Nage				
2)		1	2	3	4
	Ushiro Ryokata Dori Ikkyo				
	Ushiro Ryokata Dori Nikyo				
	Ushiro Ryokata Dori Sankyo				
	Ushiro Ryokata Dori Yonkyo				
	Ushiro Ryokata Dori Kote Gaeshi				
	Ushiro Ryokata Dori Irimi Nage				
	Ushiro Ryokata Dori <del>Aiki</del> Otoshi				
	Ushiro Ryokata Dori <del>Kokyu</del> Nage				
3)		1	2	3	4
	Ushiro Eri Dori Ikkyo				
	Ushiro Eri Dori Nikyo				
	Ushiro Eri Dori Sankyo				
	Ushiro Eri Dori Yonkyo				
4)		1	2	3	4
	Ushiro Katate Dori Kubishime Ikkyo				
	Ushiro Katate Dori Kubishime Sankyo				
	Ushiro Katate Dori Kubishime Koshi Nage				
	Ushiro Katate Dori Kubishime Kote Gaeshi				
	Ushiro Katate Dori Kubishime Shiho Nage				
	Ushiro Katate Dori Kubishime Kokyu Nage				