



AIKIDO YOSHINKAI DEUTSCHLAND

AIKIDO YOSHINKAI e.V.

Vereinsregister-Nr. 17458 Amtsgericht München

Lothstraße 62 Rgb., D-80335 München, Tel.: (089) 2 01 22 90

Prüfungstechniken

(gültig ab 01.01.2007)

1. Dan (Shodan)

(Wartezeit 1 Jahr)

- | | |
|--|----------------------------------|
| 1. Migi hanmi no kamae | 9. Shitei waza 2 |
| 2. Hidari hanmi no kamae | 10. Shitei waza 3 |
| 3. Hiriki no yosei 1 | 11. Shitei waza 4 |
| 4. Hiriki no yosei 2 | 12. Shitei jiyu waza |
| 5. Shomen uchi shiho nage | (mind. 6 verschiedene Techniken) |
| 6. Hanmi handachi ryote mochi shiho nage | 13. Shumatsu dosa 1 |
| 7. Shomen tsuki hijiate kokyu nage 1 | 14. Shumatsu dosa 2 |
| 8. Shitei waza 1 | |

Shitei waza

- | | |
|---|---------------------------------------|
| Katate mochi shiho nage 1/2 | x Shomen uchi shomen irimi nage 1/2 |
| Ryote mochi shiho nage 1/2 | x Yokomen uchi shomen irimi nage 1/2 |
| Yokomen uchi shiho nage 1/2 | |
| Hanmi handachi katate mochi shiho nage 1/2 | x Shomen uchi hijishime 1/2 |
| Hanmi handachi ryote mochi shiho nage | x Yokomen uchi hijishime 1/2 |
| | x Kata mochi hijishime 1/2 |
| x Shomen uchi ikkajo osae 1/2 | x Mune mochi hijishime 1/2 |
| x Yokomen uchi ikkajo osae 1/2 | |
| x Katate mochi ikkajo osae 1/2 | x Shomen uchi hijiate kokyu nage 1/2 |
| x Kata mochi ikkajo osae 1/2 | x Yokomen uchi hijiate kokyu nage 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2 | x Katate mochi hijiate kokyu nage 1/2 |
| Ushiro waza katate eri mochi ikkajo osae 1/2 | |
| | x Shomen uchi kote gaeshi 1/2 |
| x Katate mochi nikajo osae 1/2 | x Yokomen uchi kote gaeshi 1/2 |
| x Kata mochi nikajo osae 1/2 | x Shomen tsuki kote gaeshi 1/2 |
| x Shomen uchi nikajo osae 1/2 | |
| x Yokomen uchi nikajo osae 1/2 | x Ryote mochi tenchi nage 1/2 |
| | |
| x Shomen uchi sankajo osae 1/2 | Suwari waza ryote mochi kokyu ho 1-3 |
| x Yokomen uchi sankajo osae 1/2 | |
| x Kata mochi sankajo osae 1/2 | |
| Ushiro waza ryote mochi sankajo osae 1/2 | |
| Ushiro waza katate eri mochi sankajo osae 1/2 | |
| | |
| x Shomen uchi yonkajo osae 1/2 | |
| x Yokomen uchi yonkajo osae 1/2 | |
| x Katate mochi yonkajo osae 1/2 | |
| | |
| x Katate mochi sokumen irimi nage 1/2 | |
| x Kata mochi sokumen irimi nage 1/2 | |

Shitei Jiyu waza

- Shomen uchi jiyu waza
Yokomen uchi jiyu waza
Katate mochi jiyu waza
Ryote mochi jiyu waza
Shomen tsuki jiyu waza

x = auch Suwari waza
Techniken werden beidseitig geprüft



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2. Dan (Yudan)

(Wartezeit 2 Jahre)

1. Tai no henko 1
2. Mune mochi hijishime 1
3. Ryote mochi kote gaeshi 2
4. Shitei waza 1
5. Shitei waza 2
6. Shitei waza 3
7. Shitei waza 4
8. Shitei jiyu waza 1 (mind. 7 versch. Techniken)
9. Shitei jiyu waza 2 (mind. 7 versch. Techniken)
10. Futari-dori (1 Tanto, 1 Suede)
11. Shumatsu dosa 1
12. Shumatsu dosa 2

Shitei waza

- | | |
|---|--|
| Katate mochi shiho nage 1/2 | x Shomen uchi yonkajo osae 1/2 |
| Ryote mochi shiho nage 1/2 | x Yokomen uchi yonkajo osae 1/2 |
| Yokomen uchi shiho nage 1/2 | x Katate mochi yonkajo osae 1/2 |
| Shomen uchi shiho nage | x Ryote mochi yonkajo osae 1/2 |
| Hanmi handachi katate mochi shiho nage 1/2 | x Hiji mochi yonkajo osae 1/2 |
| Hanmi handachi ryote mochi shiho nage | x Kata mochi yonkajo osae 1/2 |
| x Shomen uchi ikkajo osae 1/2 | x Katate mochi sokumen irimi nage 1/2 |
| x Yokomen uchi ikkajo osae 1/2 | x Kata mochi sokumen irimi nage 1/2 |
| x Katate mochi ikkajo osae 1/2 | x Shomen uchi sokumen irimi nage 1/2 |
| x Hiji mochi ikkajo osae 1/2 | x Yokomen uchi sokumen irimi nage 1/2 |
| x Kata mochi ikkajo osae 1/2 | Ushiro waza ryote mochi sokumen irimi nage 1/2 |
| Ushiro waza ryote mochi ikkajo osae 1/2 | Ushiro waza ryohiji sokumen irimi nage 1/2 |
| Ushiro waza katate eri mochi ikkajo osae 1/2 | Ushiro waza ryokata mochi sokumen irimi nage 1/2 |
| Ushiro waza ryohiji mochi ikkajo osae 1/2 | x Shomen uchi shomen irimi nage 1/2 |
| Ushiro waza ryokata mochi ikkajo osae 1/2 | x Yokomen uchi shomen irimi nage 1/2 |
| Ushiro waza eri mochi ikkajo osae 1/2 | x Katate mochi shomen irimi nage 1/2 |
| x Katate mochi nikajo osae 1/2 | x Ryote mochi shomen irimi nage 1/2 |
| x Katate aya mochi nikajo osae 1/2 | x Shomen tsuki shomen irimi nage 1/2 |
| x Hiji mochi nikajo osae 1/2 | x Shomen uchi hijishime 1/2 |
| x Kata mochi nikajo osae 1/2 | x Yokomen uchi hijishime 1/2 |
| x Mune mochi nikajo osae 1/2 | x Katate mochi hijishime 1/2 |
| x Shomen uchi nikajo osae 1/2 | x Kata mochi hijishime 1/2 |
| x Yokomen uchi nikajo osae 1/2 | x Mune mochi hijishime 1/2 |
| x Shomen uchi sankajo osae 1/2 | Ushiro waza ryote mochi hijishime 1/2 |
| x Yokomen uchi sankajo osae 1/2 | x Shomen uchi hijiate kokyu nage 1/2 |
| x Katate mochi sankajo osae 1/2 | x Yokomen uchi hijiate kokyu nage 1/2 |
| x Ryote mochi sankajo osae 1/2 | x Katate mochi hijiate kokyu nage 1/2 |
| x Hiji mochi sankajo osae 1/2 | x Ryote mochi hijiate kokyu nage 1/2 |
| x Kata mochi sankajo osae 1/2 | x Shomen tsuki hijiate kokyu nage 1/2 |
| Ushiro waza ryote mochi sankajo osae 1/2 | Ushiro waza ryote mochi hijiate kokyu nage 1/2 |
| Ushiro waza katate eri mochi sankajo osae 1/2 | |
| Ushiro waza ryohiji mochi sankajo osae 1/2 | |
| Ushiro waza ryokata mochi sankajo osae 1/2 | |

2. Dan (Yudan)

- x Shomen uchi kote gaeshi 1/2
- x Yokomen uchi kote gaeshi 2
- x Shomen tsuki kote gaeshi 1/2
- x Katate mochi kote gaeshi 1/2
- x Ryote mochi kote gaeshi 1/2
- Ushiro waza ryote mochi kote gaeshi 1/2

- x Ryote mochi tenchi nage 1/2

- x Shomen uchi kokyu nage
- x Yokomen uchi kokyu nage
- x Katate mochi kokyu nage
- x Ryote mochi kokyu nage
- x Shomen tsuki kokyu nage

Suwari waza ryote mochi kokyu ho 1-4

Shitei Jiyu waza

Shomen uchi jiyu waza
Yokomen uchi jiyu waza
Katate mochi jiyu waza
Ryote mochi jiyu waza
Shomen tsuki jiyu waza
Kata mochi jiyu waza
Shomen uchi kata mochi yokomen uchi jiyu waza
Ushiro ryote mochi jiyu waza
Ushiro waza ryohiji mochi jiyu waza
Ushiro waza ryokata mochi jiyu waza
Tanto dori jiyu waza
Ken dori jiyu waza

- x = auch Suwari waza
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Prüfungstechniken

(gültig ab 01.01.2007)

3. Dan (Sandan)

(Wartezeit 3 Jahre)

1. Tai no henko 1
2. Mune mochi hijishime 2 *
3. Ryote mochi kote gaeshi 1 *
4. Shitei waza 1
5. Shitei waza 2
6. Shitei waza 3
7. Shitei waza 4
8. Shitei waza 5
9. Shitei jiyu waza 1 (mind. 8 versch. Techniken)
10. Shitei jiyu waza 2 (mind. 8 versch. Techniken)
11. Shitei jiyu waza 3 (mind. 8 versch. Techniken)
12. Sannin-dori (1 Bokken, 1 Tanto, 1 Sude)
13. Shumatsu dosa 1
14. Shumatsu dosa 2

* jährlich andere Techniken

Shitei waza

- Katate mochi shiho nage 1/2
- Ryote mochi shiho nage 1/2
- Yokomen uchi shiho nage 1/2
- Shomen uchi shiho nage
- Hanmi handachi katate mochi shiho nage 1/2
- Hanmi handachi ryote mochi shiho nage
- x Shomen uchi ikkajo osae 1/2
- x Yokomen uchi ikkajo osae 1/2
- x Katate mochi ikkajo osae 1/2
- x Hiji mochi ikkajo osae 1/2
- x Kata mochi ikkajo osae 1/2
- Ushiro waza ryote mochi ikkajo osae 1/2
- Ushiro waza katate eri mochi ikkajo osae 1/2
- Ushiro waza ryohiji mochi ikkajo osae 1/2
- Ushiro waza ryokata mochi ikkajo osae 1/2
- Ushiro waza eri mochi ikkajo osae 1/2
- x Katate mochi nikajo osae 1/2
- x Katate aya mochi nikajo osae 1/2
- x Hiji mochi nikajo osae 1/2
- x Kata mochi nikajo osae 1/2
- x Mune mochi nikajo osae 1/2
- x Shomen uchi nikajo osae 1/2
- x Yokomen uchi nikajo osae 1/2
- x Shomen uchi sankajo osae 1/2
- x Yokomen uchi sankajo osae 1/2
- x Katate mochi sankajo osae 1/2
- x Ryote mochi sankajo osae 1/2
- x Hiji mochi sankajo osae 1/2
- x Kata mochi sankajo osae 1/2
- Ushiro waza ryote mochi sankajo osae 1/2
- Ushiro waza katate eri mochi sankajo osae 1/2
- Ushiro waza ryohiji mochi sankajo osae 1/2
- Ushiro waza ryokata mochi sankajo osae 1/2
- x Shomen uchi yonkajo osae 1/2
- x Yokomen uchi yonkajo osae 1/2
- x Katate mochi yonkajo osae 1/2
- x Ryote mochi yonkajo osae 1/2
- x Hiji mochi yonkajo osae 1/2
- x Kata mochi yonkajo osae 1/2
- x Katate mochi sokumen irimi nage 1/2
- x Kata mochi sokumen irimi nage 1/2
- x Shomen uchi sokumen irimi nage 1/2
- x Yokomen uchi sokumen irimi nage 1/2
- Ushiro waza ryote mochi sokumen irimi nage 1/2
- Ushiro waza ryohiji sokumen irimi nage 1/2
- Ushiro waza ryokata mochi sokumen irimi nage 1/2
- x Shomen uchi shomen irimi nage 1/2
- x Yokomen uchi shomen irimi nage 1/2
- x Katate mochi shomen irimi nage 1/2
- x Ryote mochi shomen irimi nage 1/2
- x Shomen tsuki shomen irimi nage 1/2
- x Shomen uchi hijishime 1/2
- x Yokomen uchi hijishime 1/2
- x Katate mochi hijishime 1/2
- x Kata mochi hijishime 1/2
- x Mune mochi hijishime 1/2
- Ushiro waza ryote mochi hijishime 1/2
- x Shomen uchi hijiate kokyu nage 1/2
- x Yokomen uchi hijiate kokyu nage 1/2
- x Katate mochi hijiate kokyu nage 1/2
- x Ryote mochi hijiate kokyu nage 1/2
- x Shomen tsuki hijiate kokyu nage 1/2
- Ushiro waza ryote mochi hijiate kokyu nage 1/2

3. Dan (Sandan)

- x Shomen uchi kote gaeshi 1/2
- x Yokomen uchi kote gaeshi 2
- x Shomen tsuki kote gaeshi 1/2
- x Katate mochi kote gaeshi 1/2
- x Ryote mochi kote gaeshi 1/2
- Ushiro waza ryote mochi kote gaeshi 1/2

- x Ryote mochi tenchi nage 1/2

- x Shomen uchi kokyu nage
- x Yokomen uchi kokyu nage
- x Katate mochi kokyu nage
- x Ryote mochi kokyu nage
- x Shomen tsuki kokyu nage

Suwari waza ryote mochi kokyu ho 1-5

Shitei Jiyu waza

Shomen uchi jiyu waza
Yokomen uchi jiyu waza
Katate mochi jiyu waza
Ryote mochi jiyu waza
Shomen tsuki jiyu waza
Kata mochi jiyu waza
Shomen uchi kata mochi yokomen uchi jiyu waza
Ushiro ryote mochi jiyu waza
Ushiro waza ryohiji mochi jiyu waza
Ushiro waza ryokata mochi jiyu waza
Tanto dori jiyu waza
Ken dori jiyu waza
Jo dori jiyu waza

- x = auch Suwari waza
Techniken werden beidseitig geprüft