

Takemusu-Aiki Kyu Prüfungsprogramm

(Shihan Edmund Kern, 8.Dan Aikido, Kyoshi)

Stand: 29.09.2015

5.Kyu			2.Kyu		
Grundlagen:			Katame Waza:		
Hanmi			Kosa tori	Ikkyo	(omote + ura)
Tai-Sabaki			Yokomen uchi	Nikyo	(omote + ura)
Ukemi	(Mae/Ushiro/Yoko)		Kata tori	Sankyo	(omote + ura)
Katate tori	Tai no Henko		Katate tori	Yonkyo	(omote + ura)
Morote tori	Kokyu Nage		Shomen uchi	Yonkyo	(omote + ura)
Katame Waza:			Nage Waza:		
Katate tori	Ikkyo	(omote + ura)	Ryokata tori	Kokyu Ho	
Shomen uchi	Ikkyo	(omote + ura)	Shomen tsuki	Shiho nage	(omote + ura)
Nage Waza:			Kata tori Men uchi	Shiho nage	(omote + ura)
Katate tori	Shiho Nage	(omote + ura)	Katate tori	Kote gaeshi	
Shomen uchi	Irimi Nage		Ryote tori	Koshi nage	2 Formen
Suwari Waza:			Katate tori	Kaiten Nage uchi	
Ryote tori	Kokyo Ho		Katate tori	Kaiten Nage soto	
Buki Waza:			Ushiro Waza:		
Ken Suburi		1-5	Ushiro Ryote tori	Nikyo	(omote + ura)
Jo Suburi		1-5	Ushiro Ryote tori	Irimi nage	
			Ushiro Ryote tori	Kote gaeshi	
4.Kyu			1.Kyu		
Katame Waza:			Suwari Waza:		
Kata tori	Ikkyo	(omote + ura)	Yokomen uchi	Ikkyo	(omote + ura)
Katate tori	Nikyo	(omote + ura)	Kata tori	Nikyo	(omote + ura)
Shomen uchi	Nikyo	(omote + ura)	Shomen uchi	Sankyo	(omote + ura)
Nage Waza:			Shomen uchi	Yonkyo	(omote + ura)
Katate tori	Kokyo Ho		Hanmi hantachi Waza		
Ryote tori	Kokyo Ho		Katate tori	Shiho nage	omote
Ryote tori	Shiho nage	(omote + ura)	Shomen uchi	Irimi nage	
Yokomen Uchi	Shiho nage	(omote + ura)	Buki Waza:		
Katate tori	Irimi Nage	chudan	Kumi tachi		1 + 2
Ryote tori	Irimi Nage	jodan	Kumi Jo		1 + 2
Suwari Waza:			13 Jo Kata		
Ryokata tori	Kokyo Ho		Katame Waza:		
Shomen uchi	Ikkyo	(omote + ura)	Mune tori	Ikkyo	(omote + ura)
Buki Waza:			Kosa tori	Nikyo	(omote + ura)
Ken Suburi		1-7	Ryote tori	Nikyo	(omote + ura)
Migi no Ken awase			Yokomen uchi	Sankyo	(omote + ura)
Hidari no Ken awase			Mune tori	Sankyo	(omote + ura)
Jo Suburi		1-10	Yokomen uchi	Yonkyo	(omote + ura)
Roku no Jo			Yokomen uchi	Gokyo	ura
3.Kyu			Nage Waza:		
Katame Waza:			Mune tori	Shiho nage	(omote + ura)
Yokomen uchi	Ikkyo	(omote + ura)	Yokomen uchi	Irimi nage	
Kata tori	Nikyo	(omote + ura)	Kata tori Men uchi	Irimi nage	
Katate tori	Sankyo	(omote + ura)	Yokomen uchi	Kote gaeshi	
Shomen uchi	Sankyo	(omote + ura)	Shomen uchi	Koshi nage	
Nage Waza:			Yokomen uchi	Koshi nage	
Shomen uchi	Shiho nage	(omote + ura)	chudan tsuki	Kaiten Nage soto	
Morote tori	Shiho nage	(omote + ura)	Ryote tori	Tenchi nage	
Chudan tsuki	Irimi Nage		Kata tori Men uchi	Ude kime nage	
Yokomen Uchi	Irimi Nage		Mune tori Men uchi	Juji nage	
Chudan tsuki	Kote gaeshi		Ushiro Waza:		
Shomen uchi	Kote gaeshi		Ushiro Ryote tori	Sankyo	(omote + ura)
Katate tori	Koshi nage		Ushiro Ryote tori	Irimi nage	
Ushiro Waza:			Ushiro Ryote tori	Koshi nage	
Ushiro Ryote tori	Ikkyo	(omote + ura)	Ushiro Ryote tori	Juji nage	
Ushiro Ryote tori	Shiho Nage	(omote + ura)	Suwari Waza:		
Suwari Waza:			Yokomen uchi	Ikkyo - Gokyo	(omote + ura)
Morote tori	Kokyo Ho		Kata tori	Ikkyo - Gokyo	(omote + ura)
Kata tori	Ikkyo	(omote + ura)	Hanmi hantachi Waza		
Shomen uchi	Nikyo	(omote + ura)	Katate tori	Kaiten nage uchi	
Buki Waza:			Katate tori	Kaiten nage soto	
Happo giri			Shomen uchi	Kote gaeshi	
Go no Ken awase			Jiyu Waza		
Shichi no Ken awase			min. 1 Angriff		min.1 Angreifer
Jo Suburi		1-20	Buki Waza:		
31 Jo Kata			Kumi tachi		1- 5
			Kumi Jo		1- 5

Überprüfung der Techniken vorheriger Grade nach Maßgabe des Prüfers