

Takemusu Aiki Dan Prüfungsprogramm

Stand: 29.09.2015

1. Dan			
Tachi waza			
Katame waza			
	Shomen uchi	Dai ikkyo	Omote & Ura
	Shomen uchi	Dai nikyo	Omote & Ura
	Shomen uchi	Dai sankyo	Omote & Ura
	Shomen uchi	Dai yonkyo	Omote & Ura
	Yokomen uchi	Dai gokyo	Ura
Nage waza			
		3x	Shiho nage
		3x	Irimi nage
		3x	Kokyu nage
		3x	Koshi nage
		3x	Kote gaeshi
Ushiro waza			
Hanmi handachi waza			
Tanken dori			
Tachi dori			
Jo dori			
Suwari waza			
	Yokomen uchi	Dai ikkyo	Omote & Ura
	Yokomen uchi	Dai nikyo	Omote & Ura
	Yokomen uchi	Dai sankyo	Omote & Ura
	Yokomen uchi	Dai yonkyo	Omote & Ura
	Yokomen uchi	Dai gokyo	Omote
Jiyu waza			
	Ni ningeki		
Buki waza			
	1. Mokuroku		
		7 Ken suburi	
		Migi no ken awase	
		Hidari no ken awase	
		Go no ken awase	
		Shichi no ken awase	
		20 Jo suburi	

2. Dan Prüfungsfächer gemäß Vorgabe zum 1. Dan			
Jiyu waza			
	San ningeki		
Buki waza			
	1. Mokuroku	(a)lternativ	
	2. Mokuroku		
		31 Jo kata	
		13 Jo kata	

3. Dan Prüfungsfächer gemäß Vorgabe zum 1. Dan			
Jiyu waza			
	Shi Ningeki		
Buki waza			
	1. Mokuroku	(a)	
	2. Mokuroku	(a)	
	3. Mokuroku		
		Happo giri	
		5 Kumi tachi	
		Ki musubi no tachi	

4. Dan Prüfungsfächer gemäß Vorgabe zum 1. Dan / Demo			
jiyu waza			
	Shi Ningeki		
Buki waza			
	1. Mokuroku	(a)	
	2. Mokuroku	(a)	
	3. Mokuroku	(a)	
	4. Mokuroku		
		31 Kumi jo	

5. Dan Prüfungsfächer gemäß Vorgabe zum 1. Dan / Demo			
Jiyu waza			
	Shi Ningeki		
Buki waza			
	1. Mokuroku	(a)	
	2. Mokuroku	(a)	
	3. Mokuroku	(a)	
	4. Mokuroku	(a)	
	5. Mokuroku		
			10 Kumi jo

Achtung ! Die Liste ist nur als Vorschlag zu sehen...			
Nage waza			
Shiho Nage		Katate dori	
		Shomen uchi	
		Yokomen uchi	
		Ryote dori	
		Morote dori	
Irimi nage		Katate dori	
		Muna dori	
		Shomen uchi	
		Yokomen uchi	
		Tsuki	
Kokyu nage		Morote dori	
		Ryote dori	
		Yokomen uchi	
		Katate dori	
		Ushiro ryokata dori	
Koshi nage		Shomen uchi	
		Katate dori	
		Ryote dori	
		Morote dori	
		Yokomen uchi	
Kote gaeshi		Shomen uchi	
		Katate dori	
		Ryote dori	
		tsuki	
		Yokomen uchi	
Ushiro waza		Ushiro ryote dori	Shiho Nage
		Ushiro ryote dori	Kote gaeshi
		Ushiro katate dori kubi jime	Koshi nage
		Ushiro ryote dori	Juji nage
		Ushiro eri dori	Kokyu nage
Hanmi handachi waza		Katate dori	Shiho Nage
		Shomen uchi	Irimi nage
		Katate dori	Kaiten nage
		Ryote dori	Tenchi nage
		Shomen uchi	Kote gaeshi
Tanken dori		Tsuki	Kote gaeshi
		Yokomen uchi	Gokyu
		Tsuki	Rokkyu
		Yokomen uchi	Shiho Nage
		Tsuki	Kokyu nage (Ude kime)
Tachi dori		Shomen uchi	Kote gaeshi
		Shomen uchi	Kokyu nage (Ude kime)
		Shomen uchi	Koshi nage
		Shomen uchi	Irimi nage
		Shomen uchi	Kokyu nage
Jo dori		Tsuki	Kokyu nage
		Tsuki	Kokyu nage
		Tsuki	Kokyu nage
		Tsuki	Kokyu nage
		Tsuki	Rokkyu