

## Prüfungsprogramm 10. bis 6. Kyu

10. Kyu		
ukemi	ushiro-kaiten-ukemi	
	mae-kaiten-ukemi	
tachi-waza	katate-tori aihanmi	ikkyo omote
	katate-tori gyaku-hanmi	sumi-otoshi
suwari-waza	shikko	
	ryote-tori	kokkyu-ho



9. Kyu		
tachi-waza	katate-tori aihanmi	ikkyo omote und ura
		yonkyo
	katate-tori gyaku-hanmi	kote-gaeshi
		mae-otoshi
ryote-tori	tenchi-nage	

合  
気  
道

# Aikido Dojo Bunbu-Ichi

8. Kyu		
tachi-waza	kiawase-shomen-uchi	ikkyo omote und ura
		yonkyo omote und ura
		kote-gaeshi
	katate-tori aihanmi	ude-kime-nage
		sankyō
suwari-waza	katate-tori aihanmi	ikkyo omote



7. Kyu		
tachi-waza	katate-tori aihanmi	irimi-nage
		shiho-nage
		uchi-kaiten-nage
	katate-tori gyaku-hanmi	uchi-kaiten-nage
	katate-tori gyaku-hanmi	uchi-kaiten-nage
suwari-waza	kiawase-shomen-uchi	ikkyo omote und ura



## 6. Kyu

tachi-waza	shomen-uchi	ikkyo omote und ura
		sankyo omote und ura
		yonkyo omote und ura
	katate-tori aihanmi	nikkyo omote und ura
	katate-tori gyaku-hanmi	sokumen irimi-nage
suwari-waza	katate-tori aihanmi	irimi-nage
	katate-tori gyaku-hanmi	sokumen irimi-nage

