Prüfungsordnung

www.aikido-leipzig-online.de

	suwari waza						hanmi hantachi waza				tachi waza																
											mae waza												ushiro waza				
	ai hanmi katate dori	(gyaku hanmi) katate dori	ryote dori	kata dori	shomen uchi	yokomen uchi	(gyaku hanmi) katate dori	ryote dori	shomen uchi	ushiro ryo kata dori	ai hanmi katate dori	(gyaku hanmi) katate dori	ryote dori	katate ryote dori (morote)	kata dori	(mae) ryo kata dori	kata dori men uchi	muna dori	shomen uchi	yokomen uchi	chudan tsuki	yodan tsuki	ushiro ryote dori	ushiro ryo hiji dori	ushiro ryo kata dori	ushiro eri dori	ushiro katate dori kubi shime
ikkyo	4	3		3	4	2	1		1	1	5	4	3	2	4		2		5	2	1	1	3	1	1	1	1
nikyo		3		3	3	2	1		1	1	4	4		2	4		2		4	2	1	1	3		1		
sankyo		3		3	3	2	1		1	1		3		2	3		2		3	2	1	1	3		1		
yonkyo						2	1		1	1		2		2			2		2	2	1	1			1		
gokyo					1	1													1	1							
uchi kaiten sankyo																											
hiji kime osae																						1					
ude garami												3															
kote gaeshi	2				2	1	2		1		5	4	2	2			2		5	3	1		3			1	1
shiho nage		2					3	2			5	4	3	2			2	1	2	3		1	2			1	1
irimi nage	4	3			4				1		5	4	3	2			2		5	3	1	1	2				
sokumen irimi nage												4											1		2		
tenchi nage								2				4	4														
uchi kaiten nage							3					4							2		1						
soto kaiten nage																			2		1						
ude kime nage											4	4	2							3			2				
koshi nage											2	2							1	1			1				
juji garami														1									1				
kokyo nage							2			1	2	2	2	2	1	1	2		1	1			3	1	2		
aiki otoshi																									1		
sumi otoshi												1															
kokyo ho			5																								