

岩  
間  
流

# Takemusu Aikido

## Prüfung für Erwachsene

### 1. Kyu

合  
氣  
道

Mindestens 150 Trainingstage

Katate dori            Tai no henko  
Morote dori            Kokyuhō

#### SUWARI WAZA

Yokomen uchi        Ikkō bis Gōkō        - Omote & Ura

#### HANMI HANDACHI

Katate dori            Shihonage –Kaitenage -Kokyunage  
Ryote dori            Shihonage  
Shomen uchi          Iriminage  
Shomen uchi          Kote gaeshi  
Shomen uchi          Kaite nage  
Tsuki                  Iriminage  
Tsuki                  Kote gaeshi  
Tsuki                  Kaite nage  
Ushiro waza -5 Techniken

#### TACHI WAZA

Shomen uchi          Ikkō bis Yonkō        - Omote & Ura  
Yokomen uchi        Ikkō bis Yonkō        - Omote & Ura  
Kata dori              Ikkō bis Yonkō        - Omote & Ura  
Ushiro ryote dori    Ikkō bis Yonkō        - Omote & Ura

Shomen uchi          Iriminage              Variationen  
Shomen uchi          Kote gaeshi  
Shomen uchi          Kaite nage  
Shomen uchi          Shihonage              - Omote & Ura

Tsuki                  Iriminage  
Tsuki                  Kote gaeshi  
Tsuki                  Kaite nage  
Tsuki                  Shihonage              - Omote & Ura

Yokomen uchi        Iriminage              Variationen  
Yokomen uchi        Kote gaeshi  
Yokomen uchi        Kaite nage  
Yokomen uchi        Gōkō  
Katate dori            Shihonage              4 Richtungen

#### VARIATIONEN (jeweils 3 verschiedene Techniken)

Ryote dori  
Morote dori  
Ushiro ryokata dori

Ushiro kubi shime  
Kokyunage  
Koshi nage

**Jiyu Waza**

1 Person

**WAFFEN**

5 Tachi dori

5 Jo dori

Kumi tachi 1-5

**RANDORI**

3 gleichzeitige Angreifer