

岩間流

Takemusu Aikido

Prüfung für Erwachsene

5. bis 4. Kyu

合氣道

5.KYU

50 Trainingstage

TACHI WAZA

Katate dori	- Tai no henko	
Morote dori	- Kokyuhō	
Katate dori	- Shihonage	- Omote & Ura
Shomen uchi	- Ikkyō	- Omote & Ura
Shomen uchi	- Iriminage	
Tsuki	- Kote gaeshi	

VARIATIONEN

Katate dori - 5 Techniken

UKEMI

Rollen - Vor- & Rückwärts

SUWARI WAZA

Ryote dori - Kokyuhō

4.KYU

60 Trainingstage

TACHI WAZA

Katate dori	- Tai no henko	
Morote dori	- Kokyuhō	
Shomen uchi	- Ikkyō	- Omote & Ura
Shomen uchi	- Nikyō	- Omote & Ura
Shomen uchi	- Iriminage	
Katate dori	- Iriminage	
Kata dori	- Nikyō	- Omote & Ura
Ryote dori	- Tenchinage	
Tsuki	- Kote gaeshi	
Katate dori	- Shihonage	- Omote & Ura
Yokomen uchi	- Shihonage	- Omote & Ura

VARIATIONEN

Morote dori

UKEMI

Überschlag

SUWARI WAZA

Ryote dori - Kokyuhō