

# AIKIDO SHINKI RENGO

## Prüfungsordnung

### 10. bis 6. Kyu



<b>10. Kyu</b>	<b>Ukemi (Mae-kaiten, Ushiro-kaiten)</b>	
	<b>Shikko</b>	
	<b>Kamae-Undo</b>	
<b>9. Kyu</b>	<b>Ukemi (Yoko-kaiten, Yoko-suberi)</b>	
	<b>Katate-dori (Ai-hanmi)</b>	<b>Ikkyo</b> <b>Kote-gaeshi</b> <b>Shiho-nage</b>
<b>8. Kyu</b>	<b>Katate-dori (Ai-hanmi)</b>	<b>Irimi-nage</b>
	<b>Katate-dori (Gyaku-hanmi)</b>	<b>Shiho-nage</b> <b>Sumi-otoshi (irimi)</b>
<b>7. Kyu</b>	<b>Ryote-Katate-dori</b> (=Morote-dori, Gyaku-hanmi)	<b>Kokyu-nage</b> <b>Ikkyo</b>
	<b>Shomen-uchi</b>	<b>Ikkyo</b>
<b>6. Kyu</b>	<b>Shomen-uchi</b>	<b>Irimi-nage</b>
	<b>Tsuki</b>	<b>Irimi-nage</b>
	<b>Ryote-Kubi-jime</b>	<b>Sumi-otoshi</b>