

Aikido-Technikprogramm  
des Deutschen Aikido-Bundes

5. Kyu bis 1. Dan

(Stand: 01.07.2014)

ANGRIFFSARTEN

		Katate-tori	Ryote-tori	Katate-ryote-tori	Mune-tori	Yoko-kubi-shime	Ushiro-ryokata-tori	Ushiro-kakae-tori	Ushiro-ryote-tori	Ushiro-eri-tori	Ushiro-katate-tori-kubi-shime	Ushiro-kubi-shime	Yokomen-uchi	Shomen-uchi	Shomen-tsuki	Yoko-tsuki (soto)		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15		
Verteidigungstechniken	1 Shiho-nage	5	5	5	5				4				4				Nage-waza	
	2 Kaiten-nage (uchi)	4											4	4	4			
	3 Irimi-nage	4	4	4					3				3	3	3			
	4 Kaiten-nage (soto)	3												3	3			
	5 Aiki-otoshi					2	2	2										
	6 Koshi-nage		2		2	2						2	2	2	2	2		
	7 Kote-gaeshi	1	1	1					1					1	1	1		
	8 Koshi-nage-hiji-garami								1									
	9 Koshi-nage-kote-hineri	1							1									
	10 Juji-garami								1		1							
	11 Tenchi-nage		1.D.											1.D.		1.D.		
	12 Sumi-otoshi	1.D.	1.D.															
	13 Kokyu-nage		1.D.	1.D.			1.D.	1.D.						1.D.				
	14 Ude-kime-nage			1.D.										1.D.		1.D.		
Katame-waza	I Ude-osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4			
	II Kote-mawashi (nikyo)	3	3	3	3		3		3	3	3		3	3	3			
	III Kote-hineri (sankyo)	2	2	2	2		2		2	2	2		2	2	2			
	IV Tekubi-osae (yonkyo)	1	1	1	1		1		1	1	1		1	1	1			
	V Ude-nobashi (gokyo)	1											1					
	VI Ude-kime-osae (rokkyo)	1.D.												1.D.		1.D.		
	VII Ude-garami	1.D.													1.D.	1.D.		