

Yoshinkan Aikido  
Prüfungstechniken



1. Dan: Shodan

1. Migi-hanmi no kamae
2. Hidari-hanmi no kamae
3. Tai no henko 1
4. Tai no henko 2
5. Hiriki no yosei 1
6. Hiriki no yosei 2
7. Shomen-uchi shiho-nage
8. Suwari waza ryote-mochi shiho-nage 2
9. Shomen-tsuki hiji-ate kokyu-nage 1
10. Shite waza
11. Shite waza
12. Shite waza
13. Shite waza
14. Shumatsu dosa 1
15. Shumatsu dosa 2
16. Shite jiyu waza (mind. 6 verschiedene Techniken)
17. Waffen-Kata

Shite waza: ° Techniken auch Suwari waza.

- |   |  |
|---|--|
| Katate-mochi shiho-nage 1/2                   | ° Katate-mochi sokumen irimi-nage 1/2  |
| Ryote-mochi shiho-nage 1/2                    | ° Kata-mochi sokumen irimi-nage 1/2    |
| Yokomen-uchi shiho-nage 1/2                   |  |
| Hanmi handachi katate-mochi shiho-nage 1/2    | ° Shomen-uchi shomen irimi-nage 1/2    |
| Hanmi handachi ryote-mochi shiho-nage         | ° Yokomen-uchi shomen irimi-nage 1/2   |
|   |  |
| ° Shomen-uchi ikkajo osae 1/2                 | ° Shomen-uchi hiji-shime 1/2           |
| ° Yokomen-uchi ikkajo osae 1/2                | ° Yokomen-uchi hiji-shime 1/2          |
| ° Katate-mochi ikkajo osae 1/2                | ° Kata-mochim hiji-shime 1/2           |
| ° Kata-mochi ikkajo osae 1/2                  | ° Mune-mochi hiji-shime 1/2            |
| Ushiro waza ryote-mochi ikkajo osae 1/2       |  |
| Ushiro waza katate-eri-mochi ikkajo osae 1/2  | ° Shomen-uchi hiji-ate kokyu-nage 1/2  |
|   | ° Yokomen-uchi hiji-ate kokyu-nage 1/2 |
| ° Katate-mochi nikajo osae 1/2                | ° Katate-mochi hiji-ate kokyu-nage 1/2 |
| ° Kata-mochi nikajo osae 1/2                  |  |
| ° Shomen-uchi nikajo osae 1/2                 | ° Shomen-uchi kote-gaeshi 1/2          |
| ° Yokomen-uchi nikajo osae 1/2                | ° Yokomen-uchi kote-gaesh 1/2          |
|   | ° Shomen-tsuki kote-gaeshi 1/2         |
| ° Shomen-uchi sankajo osae 1/2                |  |
| ° Yokomen-uchi sankajo osae 1/2               | ° Ryote-mochi tenchi-nage 1            |
| ° Kata-mochi sankajo osae 1/2                 |  |
| Ushiro waza ryote-mochi sankajo osae 1/2      | Suwari waza ryote-mochi kokyu-ho 1/2   |
| Ushiro waza katate-eri-mochi sankajo osae 1/2 |  |
|   |  |
| ° Shomen-uchi yonkajo osae 1/2                | Shite jiyu waza: Shomen-uchi           |
| ° Yokomen-uchi yonkajo osae 1/2               | Yokomen-uchi                           |
| ° Katate-mochi yonkajo osae 1/2               | Katate-mochi                           |
|   | Ryote-mochi                            |
|   | Shomen-tsuki                           |