

Prüfungsprogramm Yufukan Japan Foundation - Yufukan Karlsruhe

5. Kyu

Ukemi	Maemawari, Ushiromawari
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Aiki-Ken	Kihondosa - Grundübung Irimi-Tenkan Nr. 1
Aiki-Jo	Kihondosa - Grundübung Gyakute Uchi und Honte Uchi

				Taijutsu	Ken no Tebiki	Jo no Tebiki	Ken tai Ken	Ken tai Jo
1	Gyakuhanmi	Ura	Ikkyo	X		X		
2	Gyakuhanmi	Ura	Nikyo	X	X			
3	Gyakuhanmi	Ura	Kaitennage	X				
4	Gyakuhanmi	Ura	Iriminage	X				
5	Aihanmi	Omote	Shihonage	X				
6	Aihanmi	Omote	Kotegaeshi	X				
7	Aihanmi	Omote	Ikkyo	X	X			
8	Aihanmi		Sokuhoirimi	X				

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4. Kyu

Shikko	Mae
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Aiki-Ken	Kihondosa - Grundübung Irimi-Tenkan Nr. 1 + 2
Aiki-Jo	Kihondosa - Grundübung Irimi-Tenkan Nr. 1

				Taijutsu	Ken no Tebiki	Jo no Tebiki	Ken tai Ken	Ken tai Jo
1	Gyakuhanmi	Ura	Sankyo	X				
2	Aihanmi	Ura	Iriminage	X	X	X	X	
3	Aihanmi	Ura	Sankyo	X	X			
4	Aihanmi	Ura	Nikyo	X	X	X		
5	Aihanmi	Ura	Kotegaeshi	X	X			
6	Katadorimenuchi		Kotegaeshi	X				
7	Ryotedori		Kotegaeshi	X				
8	Katadorimenuchi		Sokuhoirimi	X				
9	Morotedori	Omote	Sokuhoirimi	X				

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3. Kyu

Shikko	Mae/Ushiro/Tenkan
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Aiki-Ken	Kihondosa - Grundübung Irimi-Tenkan Nr. 1 + 2
Aiki-Jo	Kihondosa - Grundübung Irimi-Tenkan Nr. 1 + 2
Aiki-Jo	Gyakute-uchi - Honte-uchi - Kaeshitsuki - Tai-no-tenkan

					Taijutsu	Ken no Tebiki	Jo no Tebiki	Ken tai Ken	Ken tai Jo
1	Aihanmi	Ura	Uchikaiten	Iriminage	X	X	X		
2	Aihanmi	Ura	Uchikaiten	Sankyo	X	X	X		
3	Aihanmi	Ura	Uchikaiten	Kaitennage	X				
4	Gyakuhanmi	Omote		Shihonage	X	X		X	X
5	Ryotedori			Shihonage	X	X		X	X
6	Shomenuchi	Omote		Kotegaeshi	X				
7	Yokomenuchi	Omote		Shihonage	X				
8	Aihanmi	Omote		Kokyunage	X	X	X		
9	Gyakuhanmi	Omote		Kokyunage	X	X	X		