

**PRÜFUNGSPROGRAMM DES AIKIKAI LIECHTENSTEIN AB 2004**

<b>6. Kyu</b>			<b>2. Kyu</b>		
<b>TACHI WAZA</b>			<b>SUWARI WAZA</b>		
Katate dori Aihanmi	Ikkyo Shiho nage Irimi nage		Shomen uchi Yokomen uchi	Kote gaeshi Ikkyo	
Tai no henka (Tenkan ho) Ukemi Ashi sabaki			<b>TACHI WAZA</b>		
			Katate dori Gyakuhanmi	Yonkyo Kaiten nage / Uchi und Soto Jiyuwaza Kokyu nage	
			Ryo hiji dori		
			Morote dori	Ikkyo Shiho nage	
<b>5. Kyu</b>			<b>TACHI WAZA</b>		
Katate dori Aihanmi	Uchi kaiten Sankyo Kote gaeshi		Kata dori menuchi	Sankyo Yonkyo	
Katate dori Gyakuhanmi	Ikkyo Shio nage Irimi nage		Shomen uchi	Nikyo Gokyo Aikiotoshi	
Shomen uchi	Ikkyo Irimi nage		Yokomen uchi	Ikkyo Sankyo Shiho nage	
Kokyu Ho			Chudan tsuki	Kote gaeshi Hijikimeosae	
<b>4. Kyu</b>			<b>SUWARI WAZA</b>		
Kata dori	Ikkyo		Ushiro Ryote dori	Shiho nage Irimi nage Kote gaeshi Jujigarami	
<b>TACHI WAZA</b>			<b>TACHI WAZA</b>		
Katate dori Gyakuhanmi	Nikyo Kote gaeshi Kokyu nage Ikkyo Sankyo Shiho nage Tenchi nage Shiho nage Kote gaeshi		Ushiro katate dori Kubishime	Ikkyo	
Kata dori Ryote dori			<b>1. Kyu</b>		
Shomen uchi			<b>SUWARI WAZA</b>		
			Yokomen uchi	Nikyo Sankyo Yonkyo	
<b>3. Kyu</b>			<b>HANMI HANTACHI WAZA</b>		
<b>SUWARI WAZA</b>			Katate dori Gyakuhanmi Ryote dori		
Shomen uchi	Ikkyo Irimi nage		Shiho nage Shiho nage		
<b>TACHI WAZA</b>			<b>TACHI WAZA</b>		
Katate dori Gyakuhanmi	Sankyo Udekime nage		Katate dori Ryote dori Mune dori Kata dori menuchi	Koshinage Kokyu nage Ikkyo Nikyo Irimi nage Kokyu nage	
Kata dori	Nikyo Shiho nage Irimi nage		Shomen uchi Yokomen uchi	Jiyuwaza Nikyo Gokyo Irimi nage Kote gaeshi	
Morote dori	Kote gaeshi Kokyu nage		Chudan tsuki	Ikkyo Uchi kaiten Sankyo Udegaramiosae	
Kata dori menuchi	Ikkyo Shiho nage Kote gaeshi		Ushiro ryo hiji dori	Yonkyo Shiho nage Kokyu nage	
Shomen uchi	Sankyo Sumiotoshi		Ushiro ryo kata dori	Ikkyo Sankyo	
Chudan tsuki Ushiro Ryote dori	Kiriotoshi Nikyo				

**Alle Techniken sind, wenn möglich, in Omote und Ura waza auszuführen!**