

岩間流

# Takemusu Aikido

Prüfung für Erwachsene

3. bis 2. Kyu

合氣道

## 3. Kyu

80 Trainingstage

Katate dori - Tai no henko  
Morote dori - Kokyuhō

### SUWARI WAZA

Shomen uchi - Ikkyō bis Yonkyō - Omote & Ura

### TACHI WAZA

Shomen uchi - Ikkyō - Omote & Ura  
Shomen uchi - Iriminage  
Shomen uchi - Kote gaeshi  
Katate dori - Kote gaeshi  
Katate dori - Iriminage  
Tsuki - Iriminage  
Katate dori - Shihonage - Omote & Ura  
Ryote dori - Shihonage - Omote & Ura  
Yokomen uchi - Shihonage - Omote & Ura  
Katate dori - Kaitenage  
Katate dori - Koshinage  
Ryokata - Kokyunage

### VARIATIONEN

Alle Angriffe

### WAFFEN

Bokken - 7 Suburi - Happon giri  
- Migi-, Hidari no awaze

Jo - 13 Kata

## 2. Kyu

100 Trainingstage

Katate dori - Tai no henko  
Morote dori - Kokyuhō

### SUWARI WAZA

Kata dori - Ikkyō bis Yonkyō - Omote & Ura

### HANMI HANDACHI

Katate dori - Shihonage - Kaitenage  
Ryote dori - Shihonage

### TACHI WAZA

Yokomen uchi - Iriminage  
Yokomen uchi - Kote gaeshi  
Shomen uchi - Shihonage - Omote & Ura  
Shomen uchi - Kaitenage  
Tsuki - Iriminage  
Tsuki - Kote gaeshi  
Tsuki - Kaitenage  
Katate dori - Iriminage - ue, migi, shita  
Katate dori - Kote gaeshi - ue, migi, shita  
Katate dori - Kaitenage - uchi, soto  
Ushiro ryote dori - Shihonage  
Ushiro ryote dori - Kote gaeshi

### VARIATIONEN

Kata menuchi 3 Techniken  
Ushiro ryokata dori 3 Techniken  
Kokyu nage von 3 Angriffen  
Koshinage von 3 Angriffen

### WAFFEN

Ken - Go-, Shichi no awaze  
Jo - 20 Suburi und 31 Kata

**JIYU WAZA** - 1 Person