Prüfungsprogramm 3 DAN
O-Shihan Masatomi Ikeda, 23.10.1999
Shihan Constantin Kitzu, 10 Dan

AIKIZENDO

3. DAN

TACHIWAZA			
katatori menuchi	1	ikkyo bis yonkyo	omote: tenkan tenshin uchinote omote: tenkan tenshin katanote
shomenuchi	2	koshiguruma chinshin koshiguruma	
	3	seoiguruma / chinshin handachi seoiguruma	
	4	ipponseoinage teguruma	
	5	jiyuwaza	
aihanmi katatetori	6	shihonage	tenkan tenshin sabaki: kamihanen / shimohanen
	7	kotegaeshi / iriminage	verschiedene
gyakuhanmi katatetori	8	jiyuwaza	
ryotetori	9	jujimusubi shihonage	verschiedene
	10	tekubigaeshi shihonage	verschiedene
	11	torifune kokyunage	dann andere kokyunage
munetori	12	hijikimeosae	dann jiyuwaza
katate ryotetori	13	genkei kokyunage	irimi ashi tenshin ashi tenkan ashi
	14	kaiten kokyunage	} futaritori
	15	shihonage	
	16	karamiosae Theorie ikkyo – yonkyo	
	17	futaritori andere	
ushiro ryotetori	18	tenchinage genkei kokyunage	1. tenshin maeashi irimi 2. tenshin ushiroashi irimi (beide: jodan und chudan
ushiro kubishime	19	shihonage und sankyo	
	20	jiyuwaza	
katatori menuchi	21	kokyunage	
	22	jiyuwaza	
chudantsuki	23	iriminage / kiriotoshi	
	24	tenchinage genkei kokyunage	
	25	jiyuwaza	
yokomenuchi	26	iriminage / kotegaeshi	1. ushiro irimi tenkan, tatakiotoshi 2. maeashi irimi, chudan kuzushi
	27	shihonage / ikkyo	1. maeashi irimi, jodan kuzushi 2. ainuke
	28	shihonage kotegaeshi andere	Tori: maeashi irimi tenkan ➤ mikiri sabaki, dann jiyuwaza Uke: Angriff rechts➤links oder rechts➤rechts (gyaku-yokomen)
	29	jiyuwaza	taninzutori
aihanmi katatetori	30	ikkyo bis yonkyo	omote: tenkan tenshin ura: irimi tenkan tenshin
gyakuhanmi katatetori	31	ikkyo bis yonkyo	omote: irimi tenkan tenshin ura: tenkan tenshin
Buki	32	bukitori	tantotori, tachitori, jotori, josabaki