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道

Arbeitsbuch zum **4. Dan**

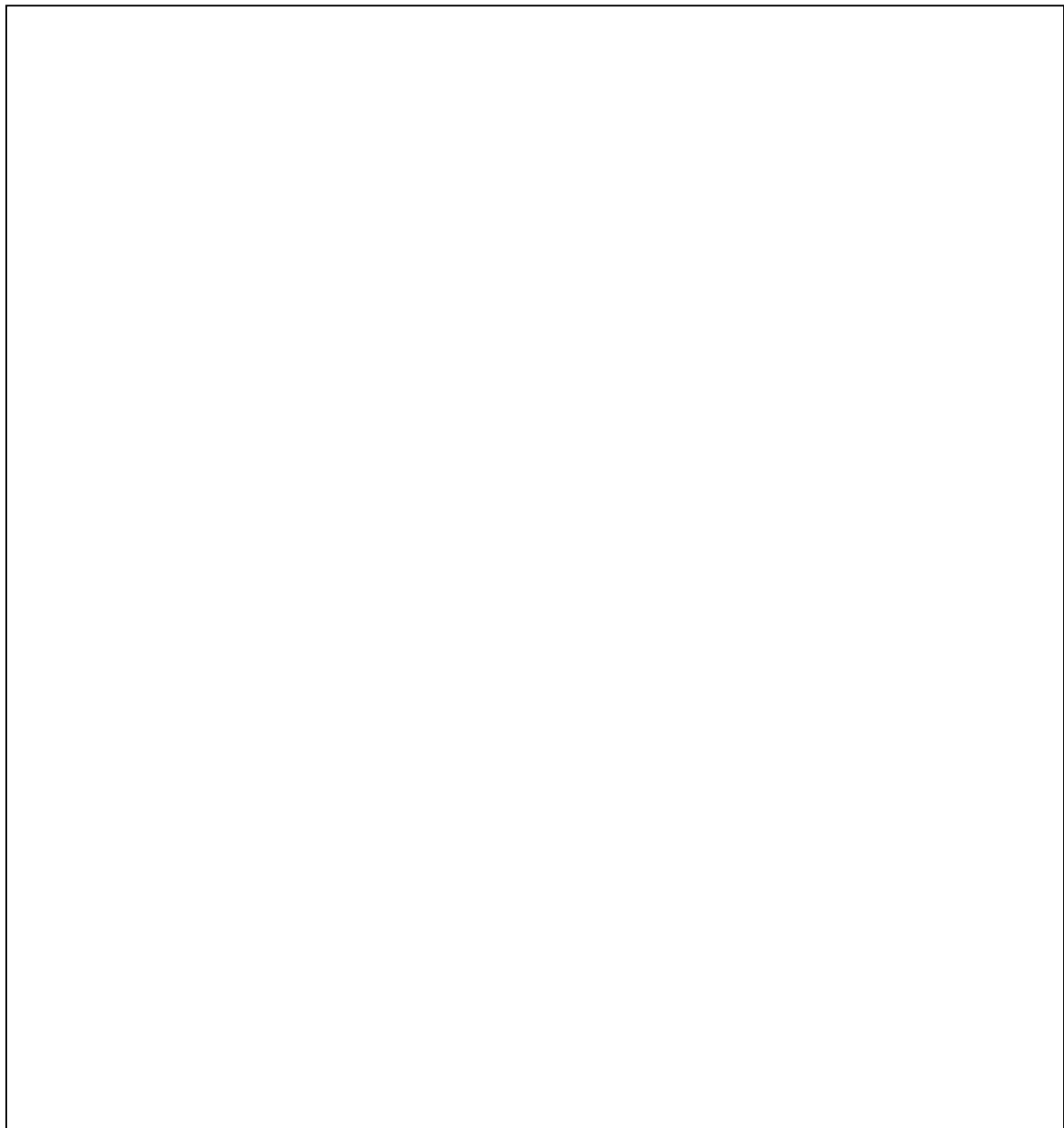


AIKIDO Prüfungsprogramm
nach Masatomi Ikeda Sensei
1940 - 2021

7. Dan, ehemaliger
technischer Direktor des
schweizerischen Aikikai
Verband (ACSA)

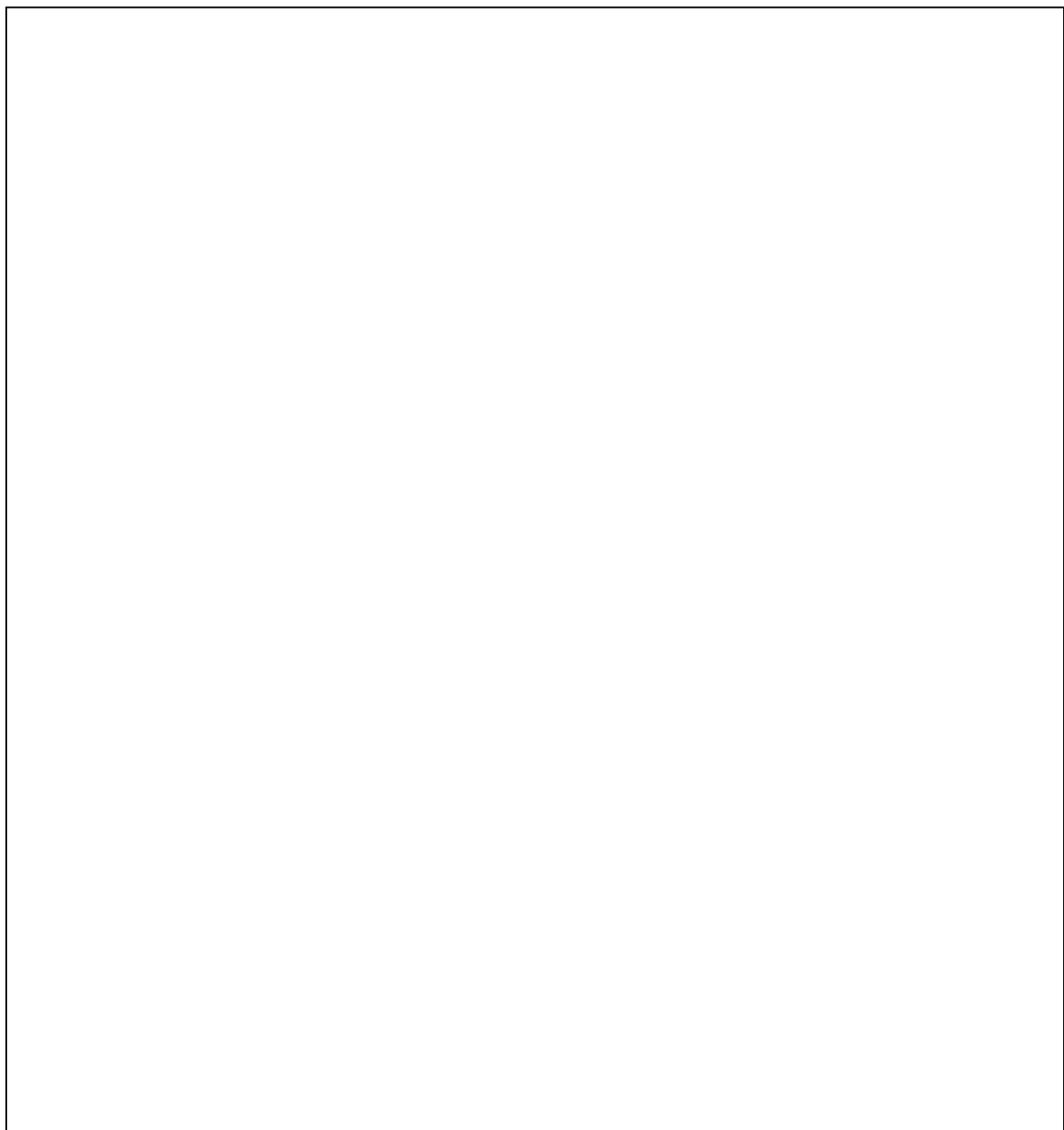
Prüfungsprogramm 4. Dan

1 Yokomenuchi	Ikkyo bis Yonkyo	Omote; Ura Ushiroashi Irimi Tenkan, Kirioroshi
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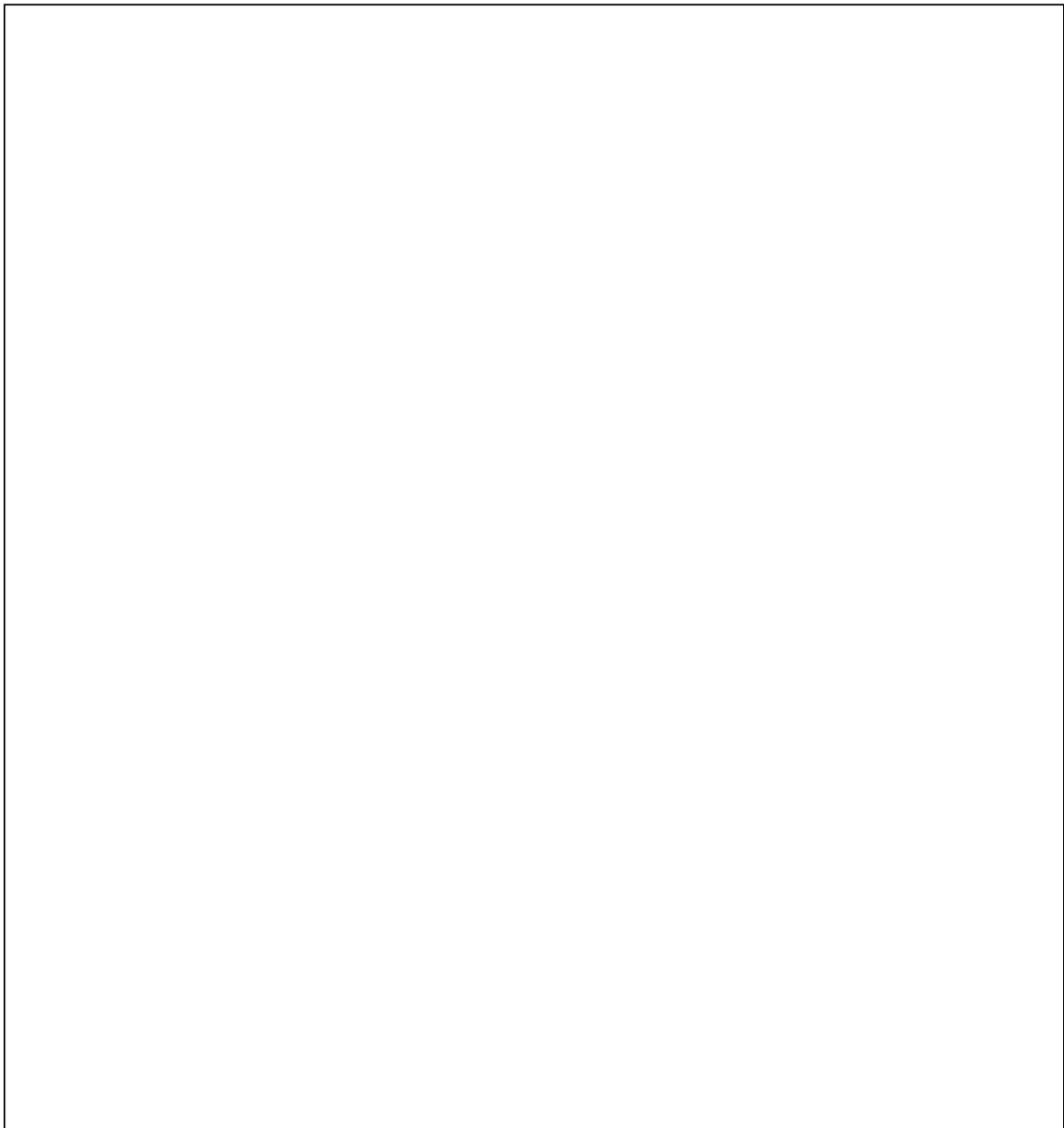
Prüfungsprogramm 4. Dan

2 Shomenuchi Kiawase	Ikkyogoshi bis Yonkyogoshi	Renrakuhenka- Waza
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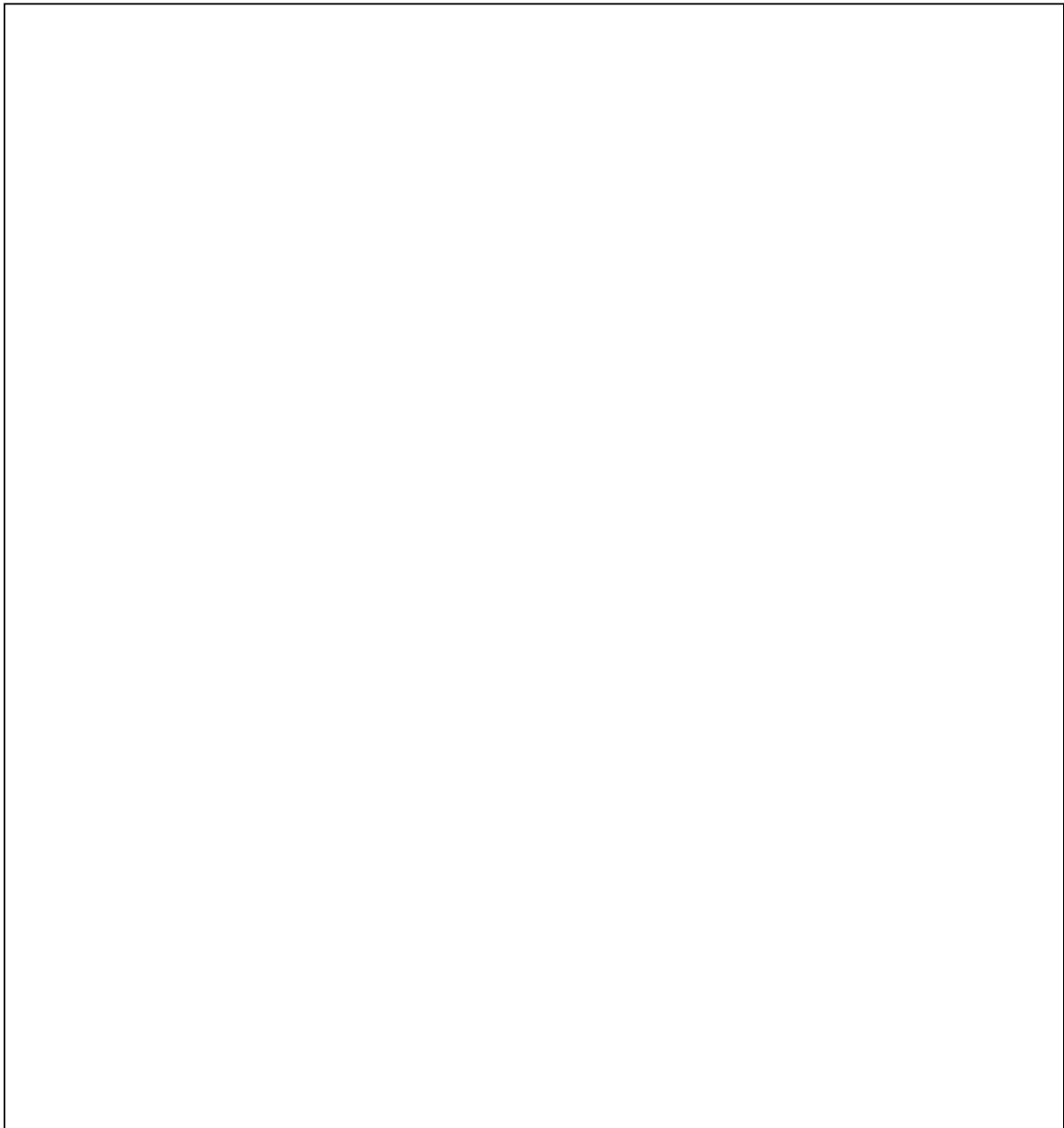
Prüfungsprogramm 4. Dan

3 Shomenuchi Kiawase	Iriminage, Tenchinage, Kubijime	
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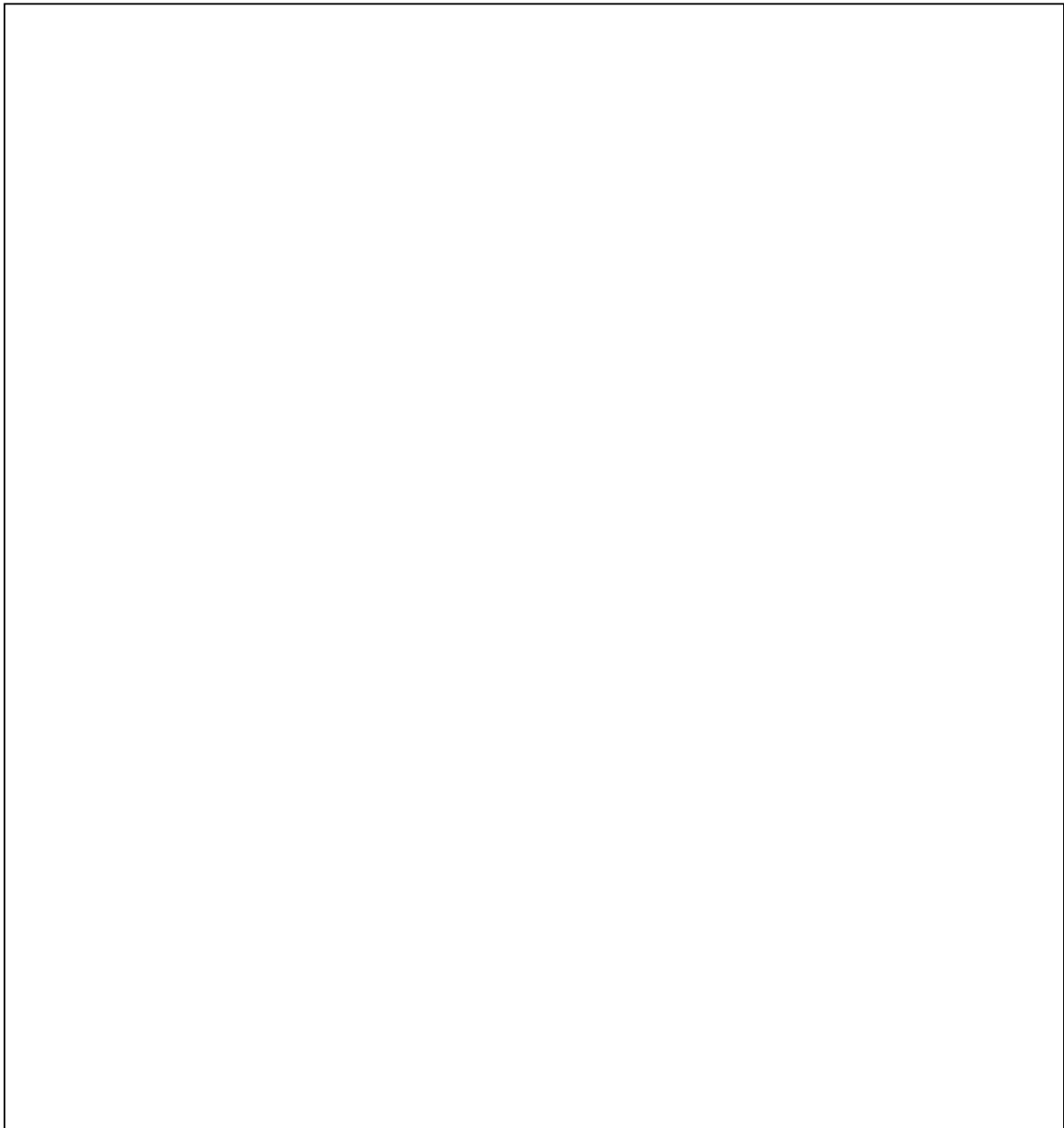
Prüfungsprogramm 4. Dan

4 Shomenuchi Kiawase	Kotegaeshi, Genkeikokyunage, Udehishigi	
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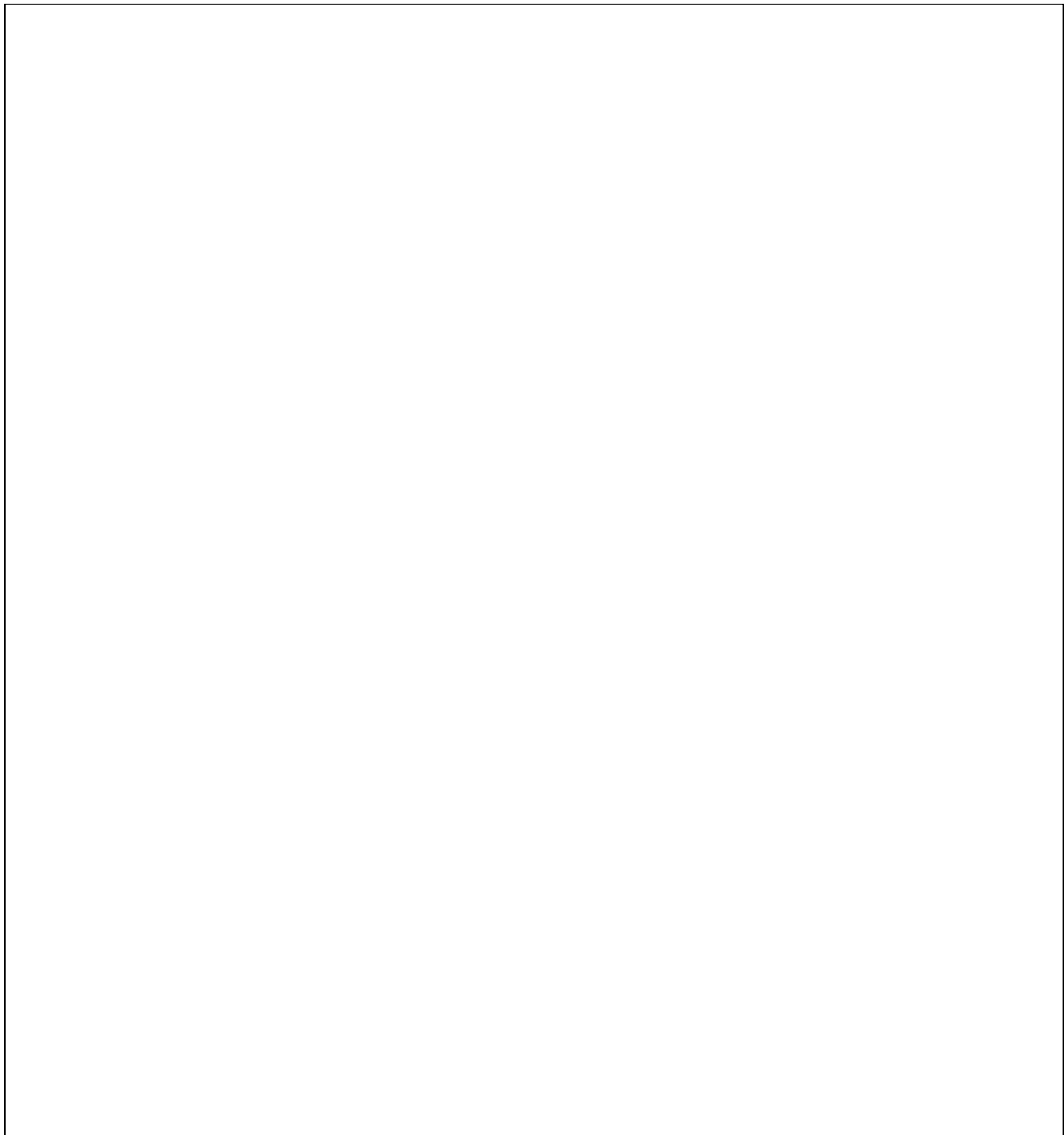
Prüfungsprogramm 4. Dan

5 Shomenuchi Kiawase	Shihonage, Udekimenage, Udekimekoshinage	
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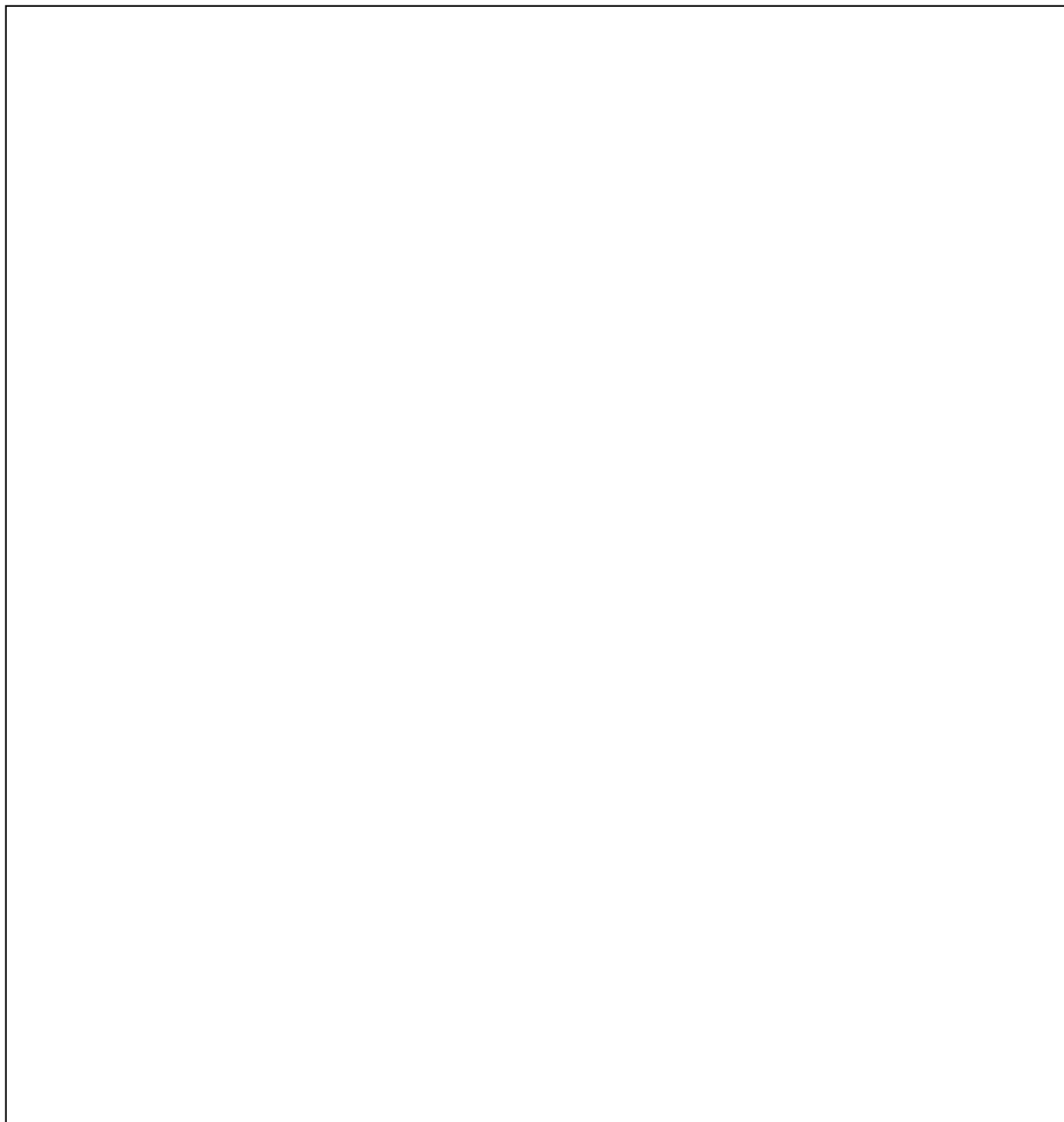
Prüfungsprogramm 4. Dan

6 Shomenuchi Kiawase	Ikkyo, Udegaraminage	Theorie Sankyo
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Prüfungsprogramm 4. Dan

6 Shomenuchi Kiawase	Gyaku- Hijikimeosae	
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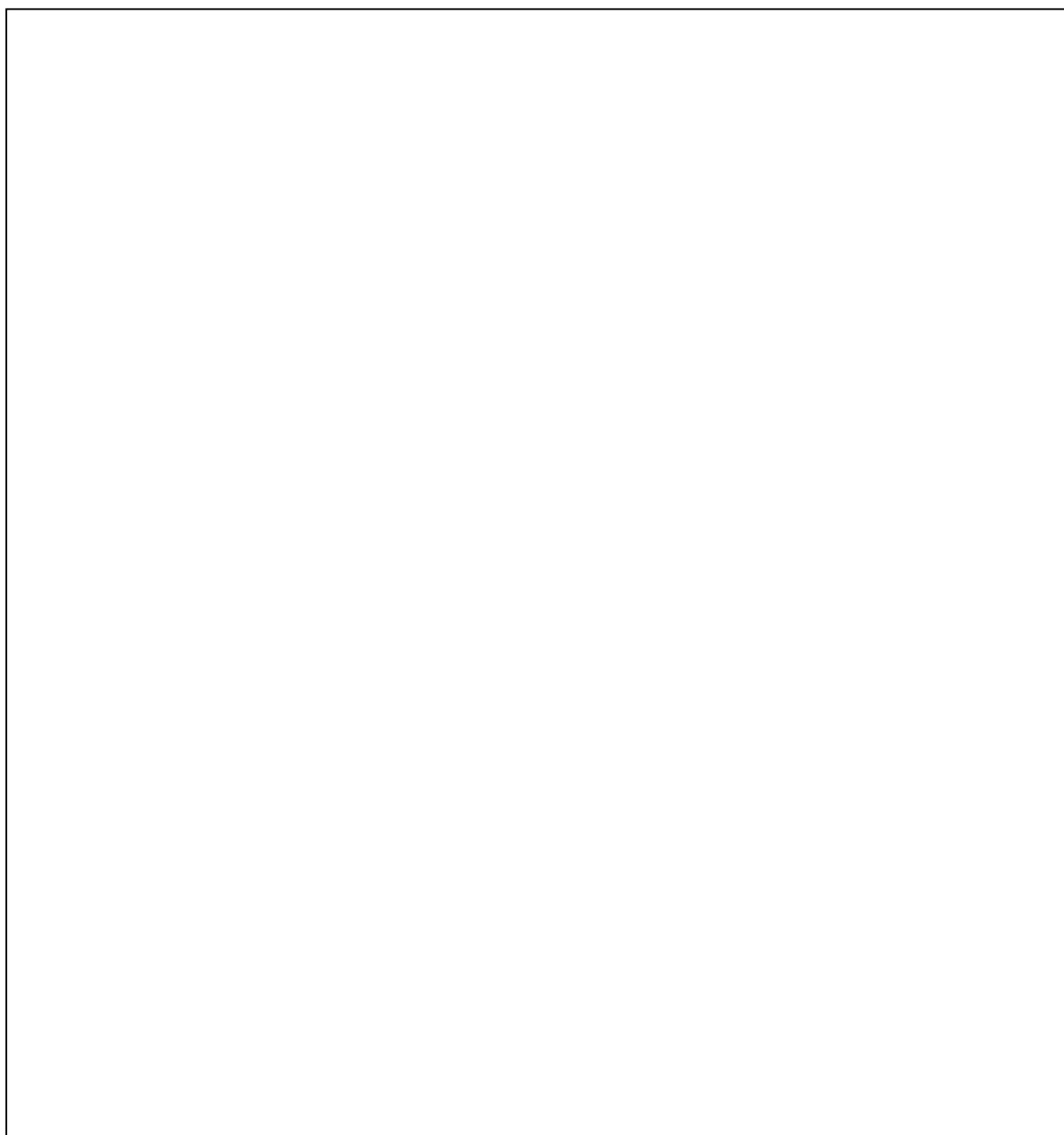


Prüfungsprogramm 4. Dan

7 Jodantsuki	Jiyuwaza	
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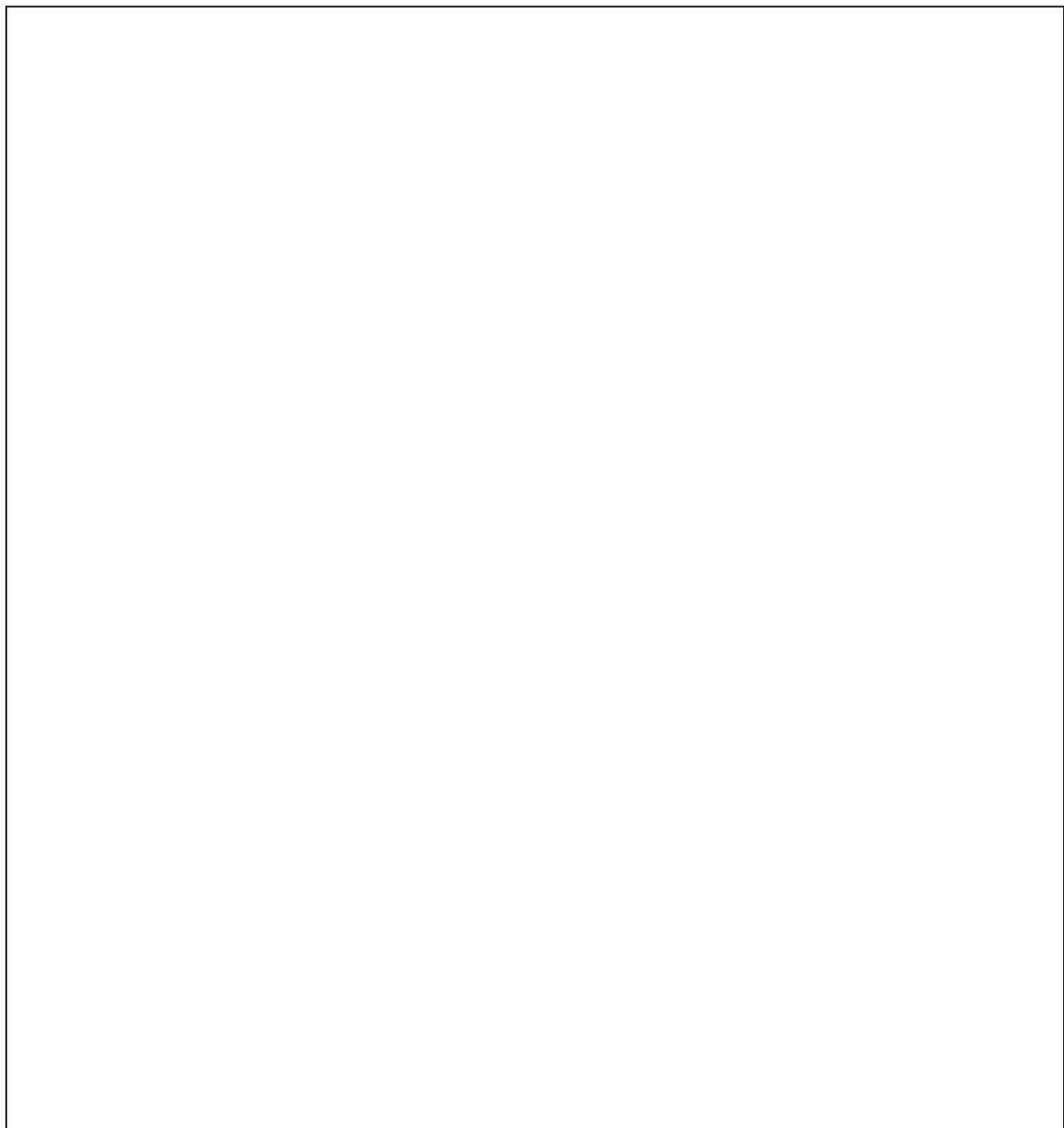
Prüfungsprogramm 4. Dan

8 Katatetori Gyakuhanmi	Shihonage, Furizukikokyunage oder Kokyunage	Tenkan Tenshin Sabaki
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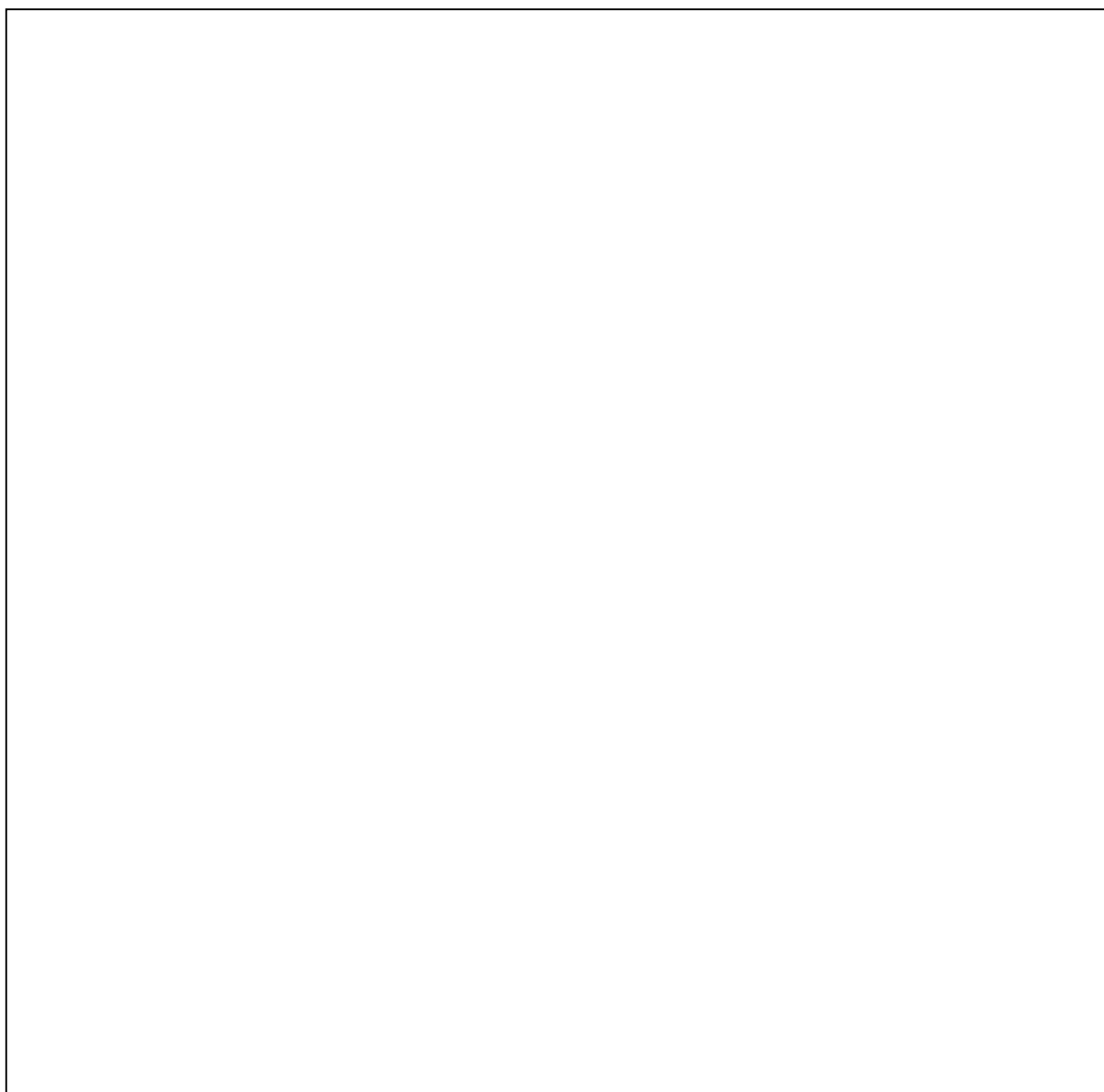
Prüfungsprogramm 4. Dan

9 Katatetori Aihanmi	Ikkyo	Ikkyo-bis Yonkyo- Kuzushi (Ikkyo Ura, 3 verschiedene Ikkyo Omote)
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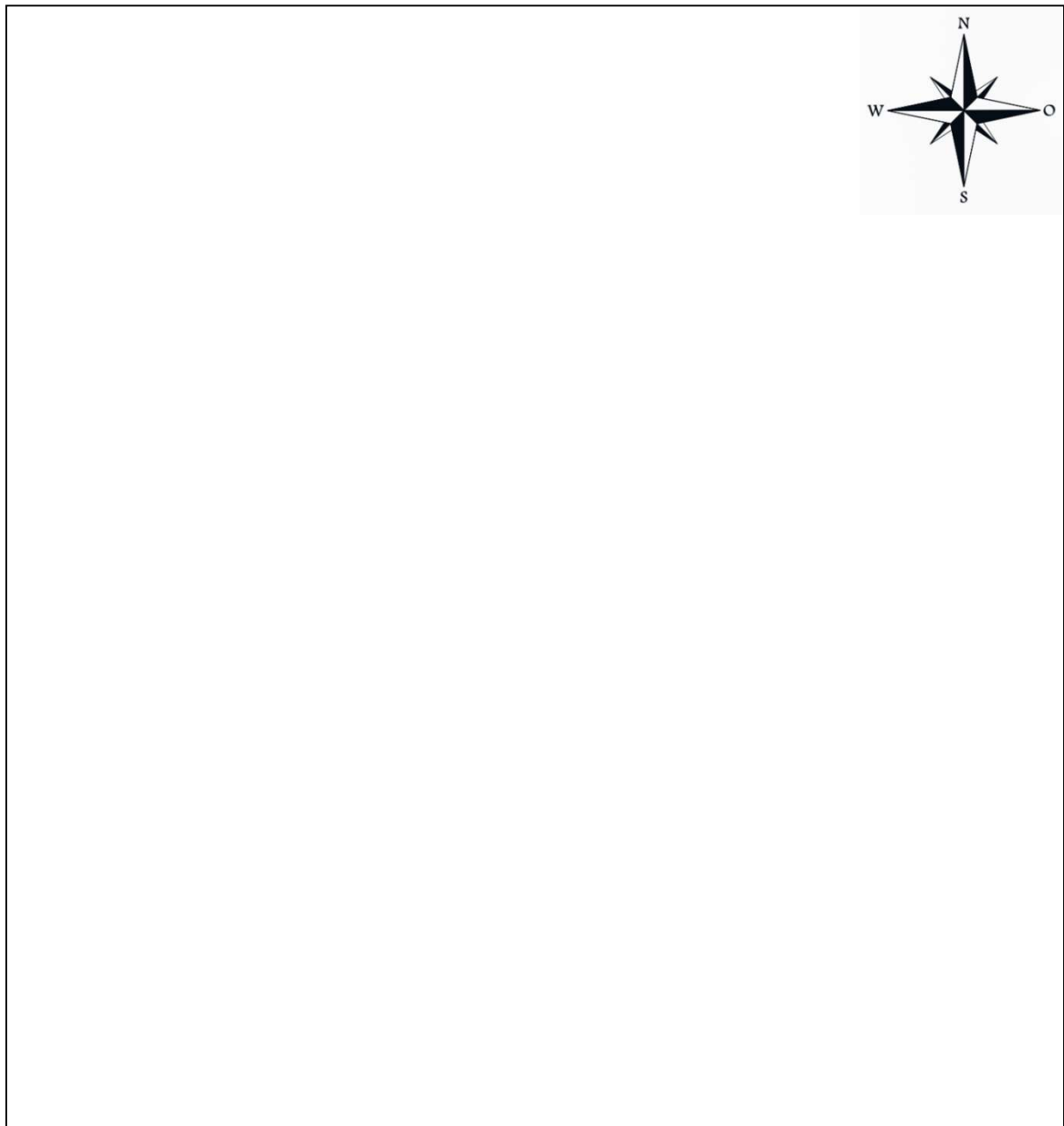
Prüfungsprogramm 4. Dan

10 Katatetori Aihanmi	Ikkyo, Iriminage	Renrakuhenka- Waza, Tenkan Sabaki, Kamihanen Shimohanen
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Prüfungsprogramm 4. Dan

11 Katatetori Aihanmi	Jiyuwaza	
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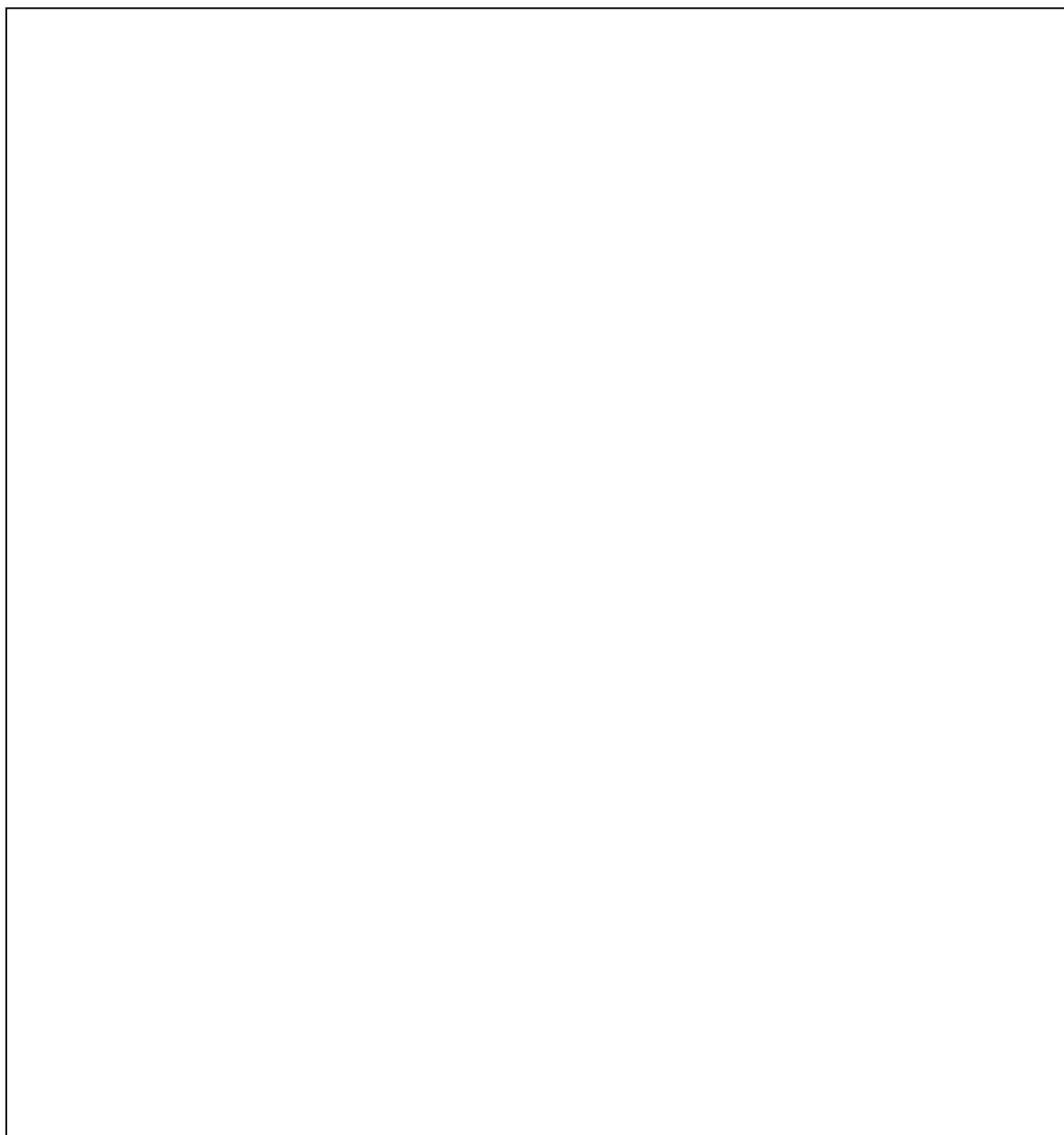


Prüfungsprogramm 4. Dan

12 Katatetori Gyakuhanmi	Jiyuwaza	
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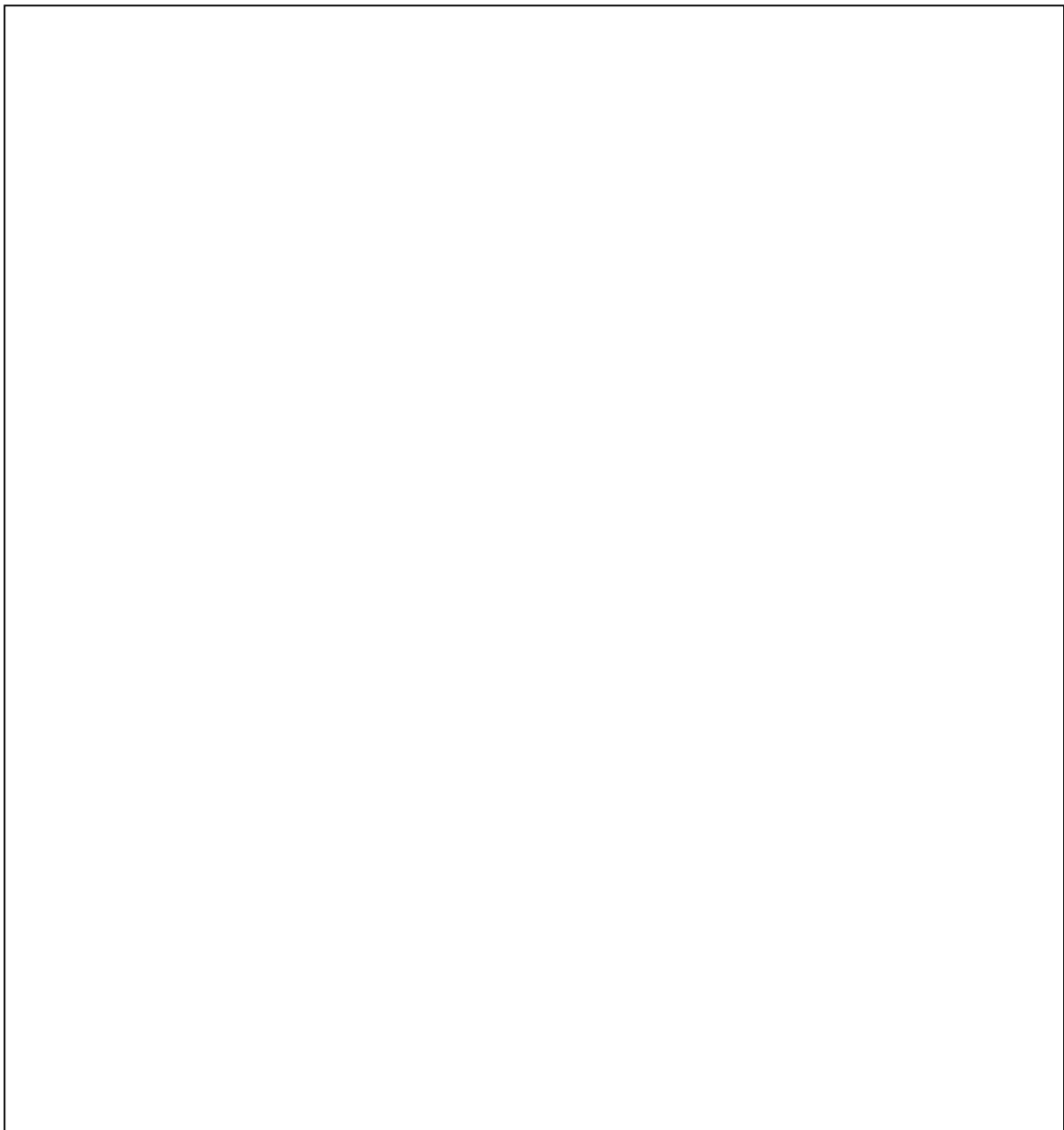
Prüfungsprogramm 4. Dan

13 Ryotetori	Tenchinage, Genkeikokyunage	Verschiedene, dann Jiyuwaza
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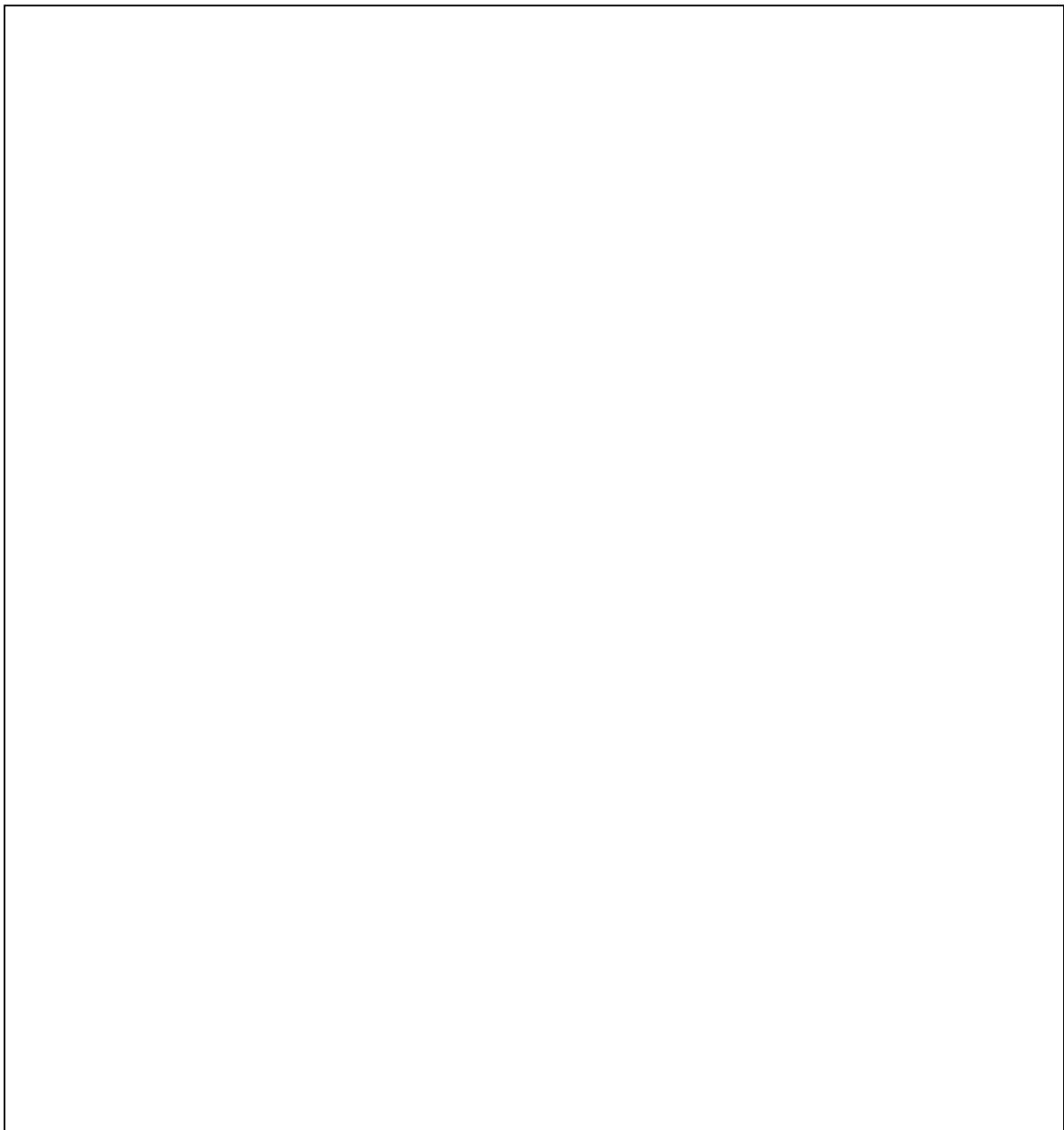
Prüfungsprogramm 4. Dan

14 Ryotetori	Kaitenkokyunage	Jiyuwaza
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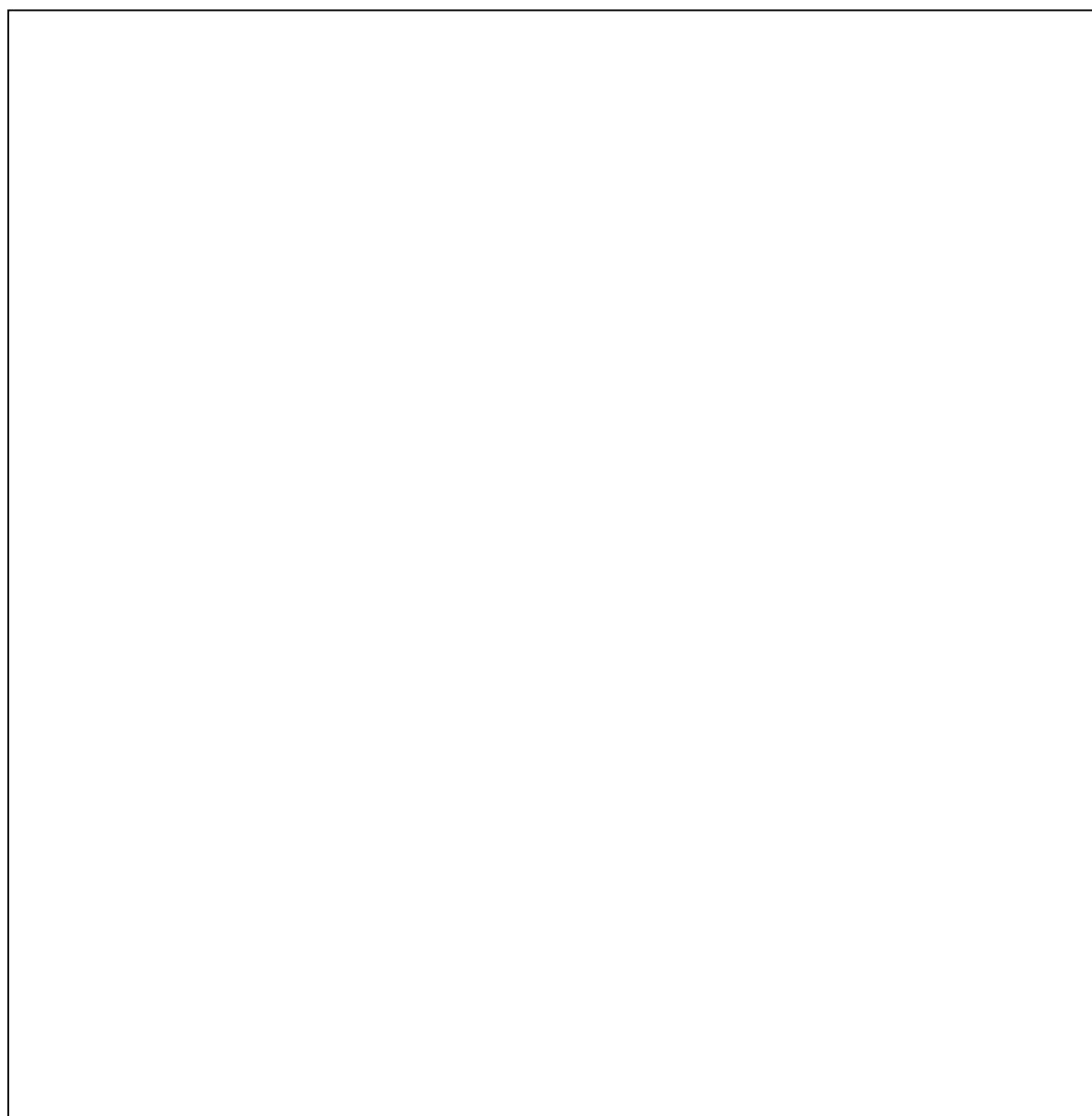
Prüfungsprogramm 4. Dan

15 Ryoeritori	Yonintori	dann Taninzutori
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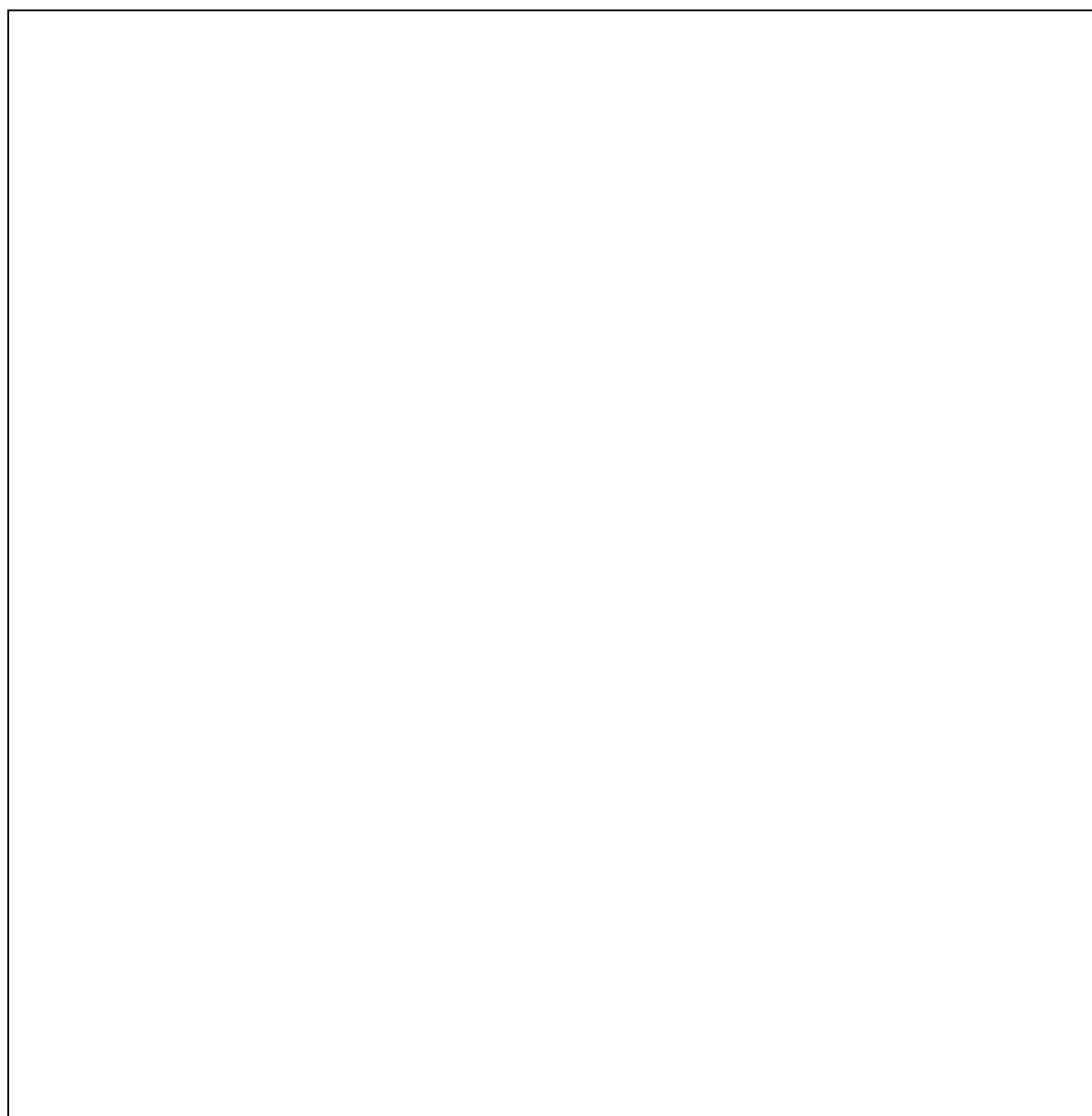
Prüfungsprogramm 4. Dan

16 Katate Ryotetori	Kotegaeshi	Kigata, Tanren: Kamihanen, Shimohanen
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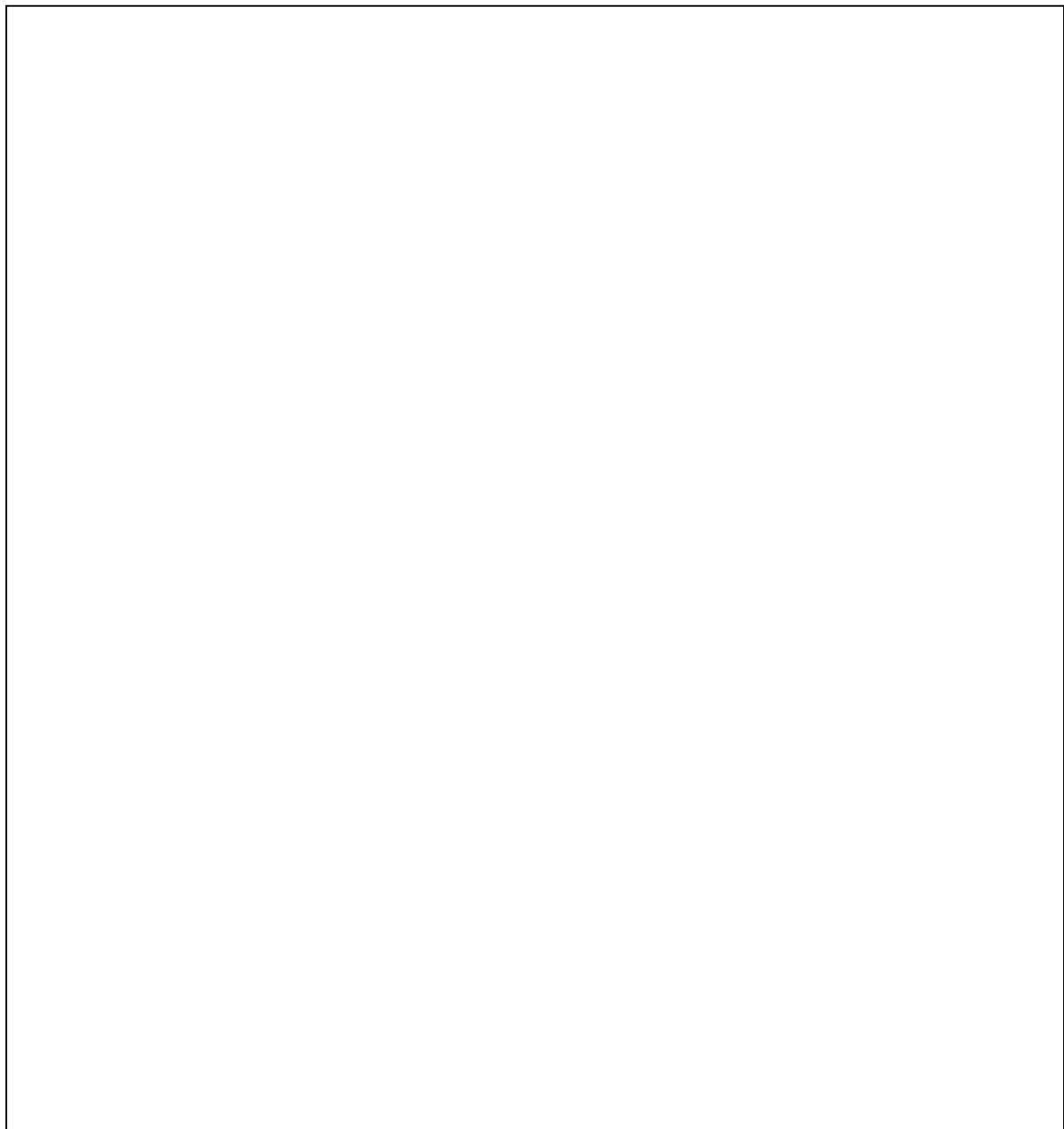
Prüfungsprogramm 4. Dan

17 Katate Ryotetori	Iriminage	Kigata, Tanren: Kamihanen, Shimohanen
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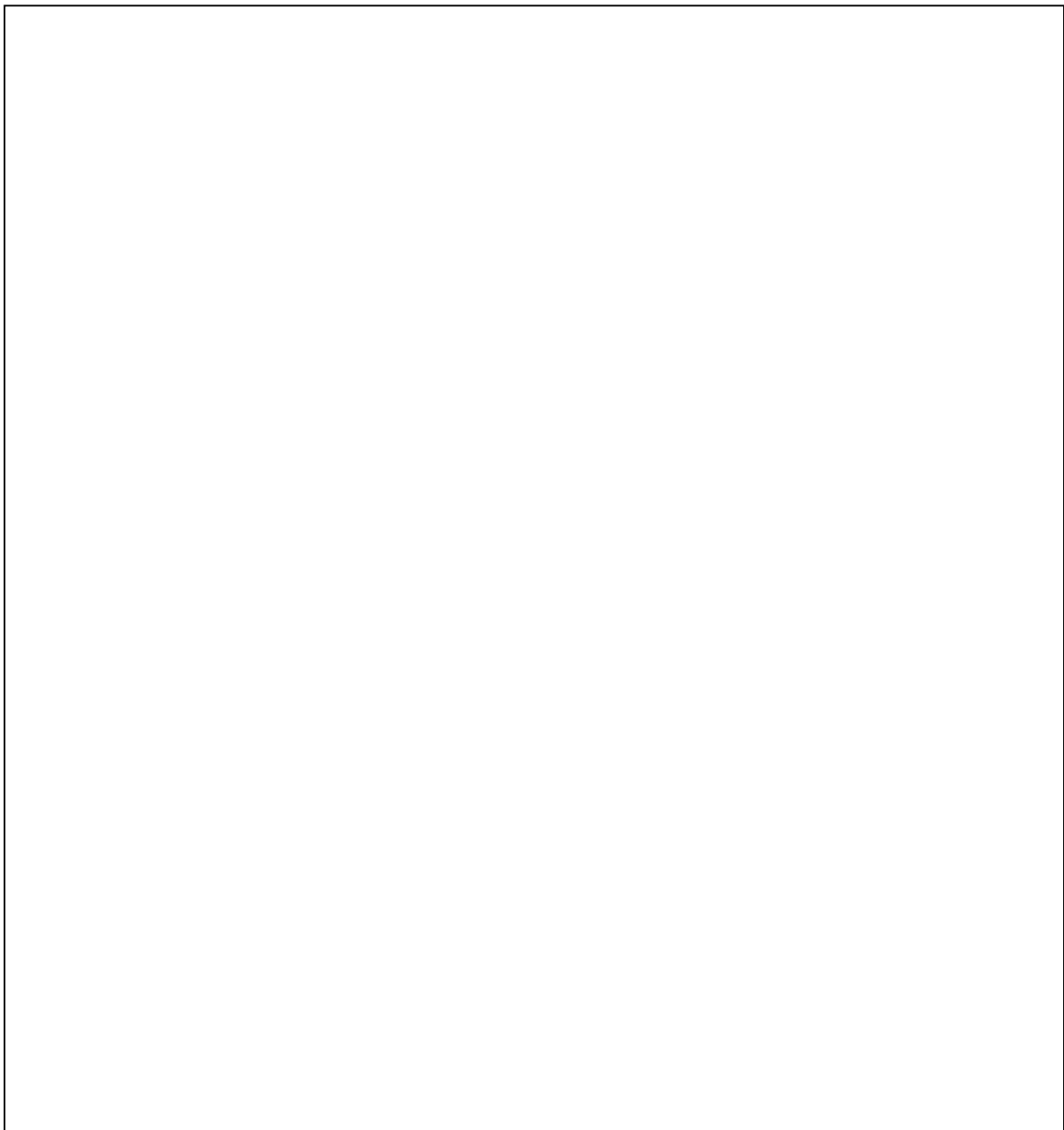
Prüfungsprogramm 4. Dan

18 Katate Ryotetori	Kokyunage	Verschiedene
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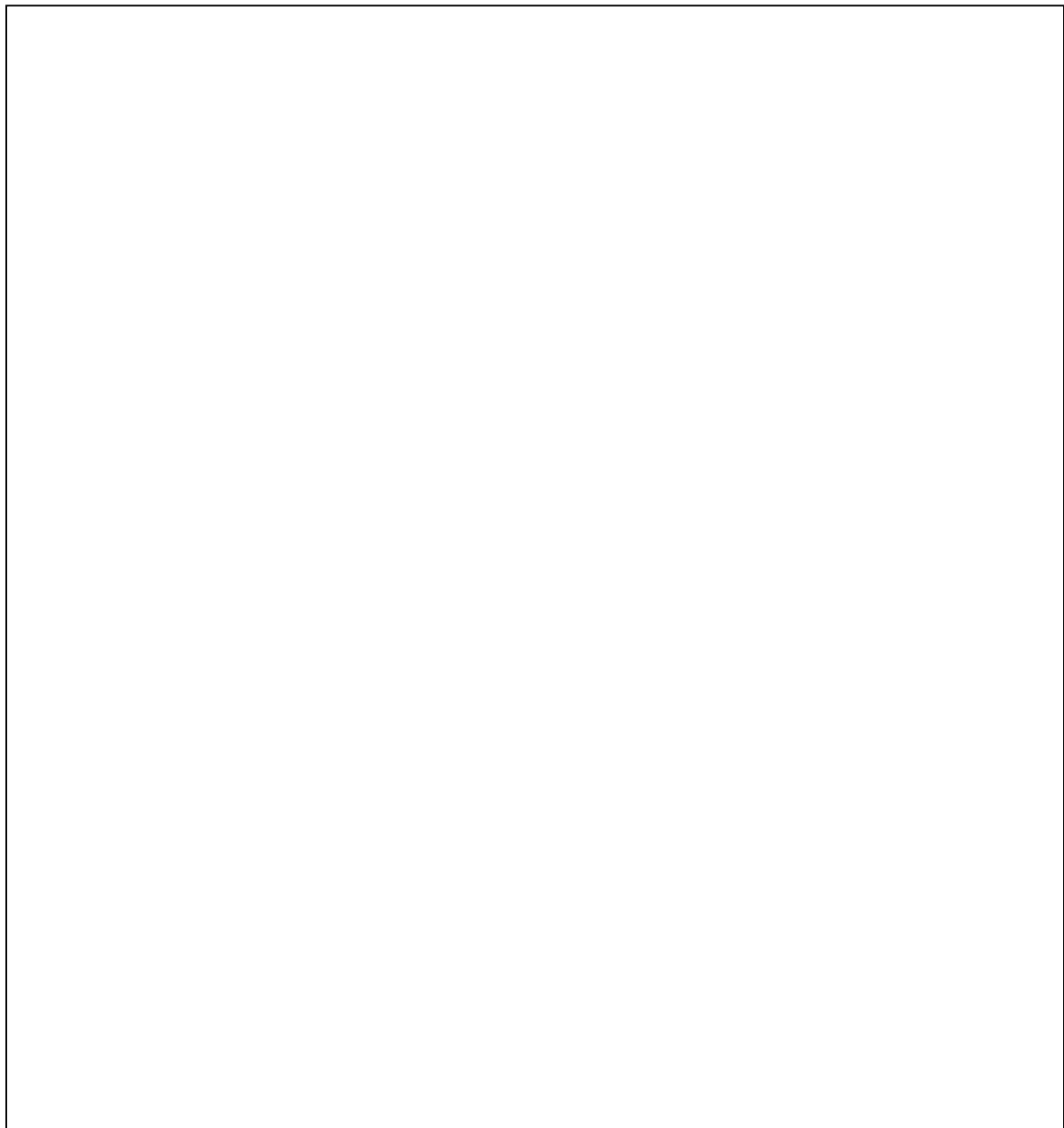
Prüfungsprogramm 4. Dan

19 Katate Ryotetori	Futaritori Jiyuwaza	Tanren, Kigata
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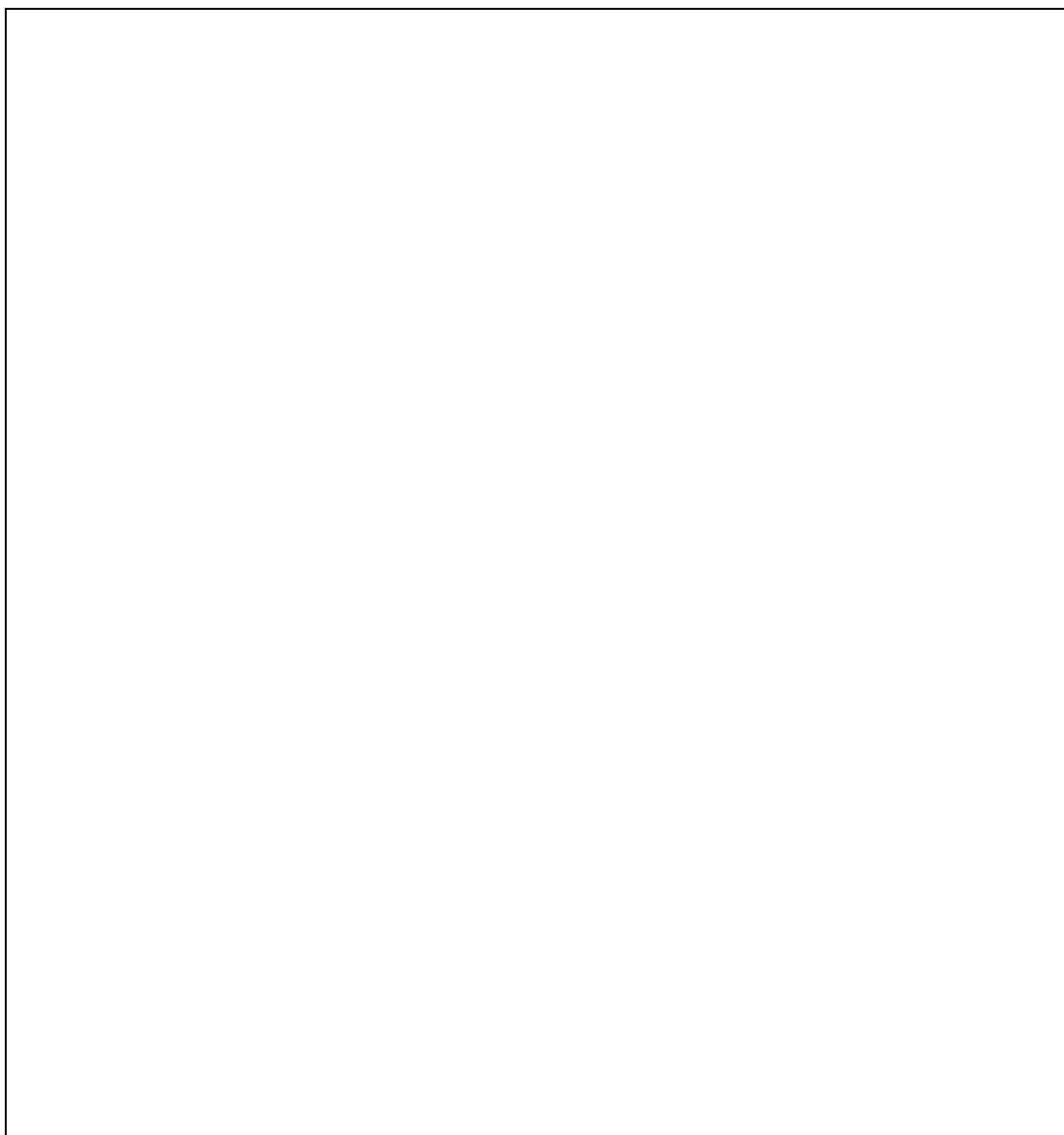
Prüfungsprogramm 4. Dan

20 Ushiro Ryokatatori	Chinshin Kokyunage	
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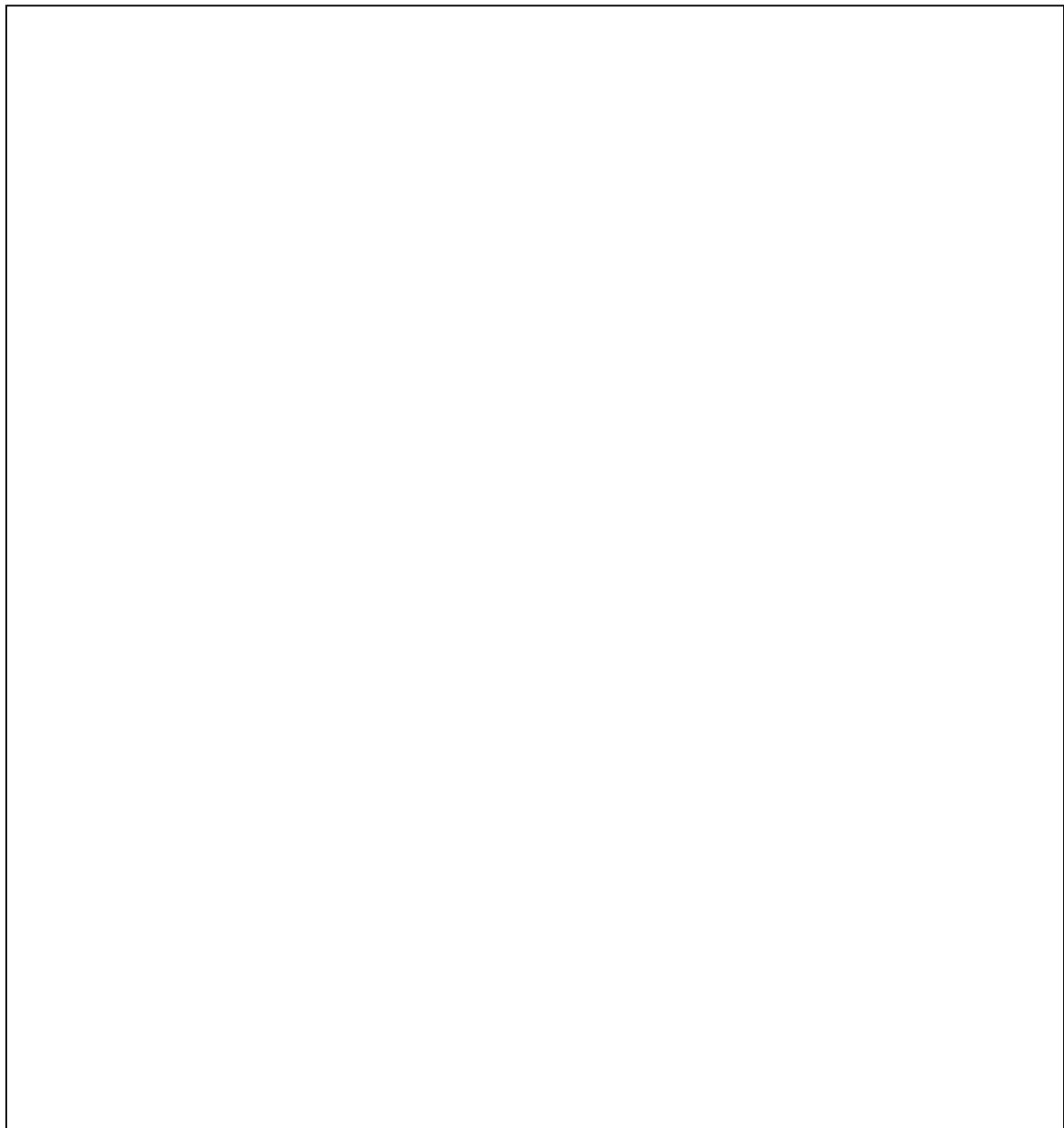
Prüfungsprogramm 4. Dan

21 Ushiro Ryokatatori	Iriminage, Kotegaeshi, Shihonage, Ikkyo	
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Prüfungsprogramm 4. Dan

22 Ushiro Ryokatatori	Genkeikokyunage	
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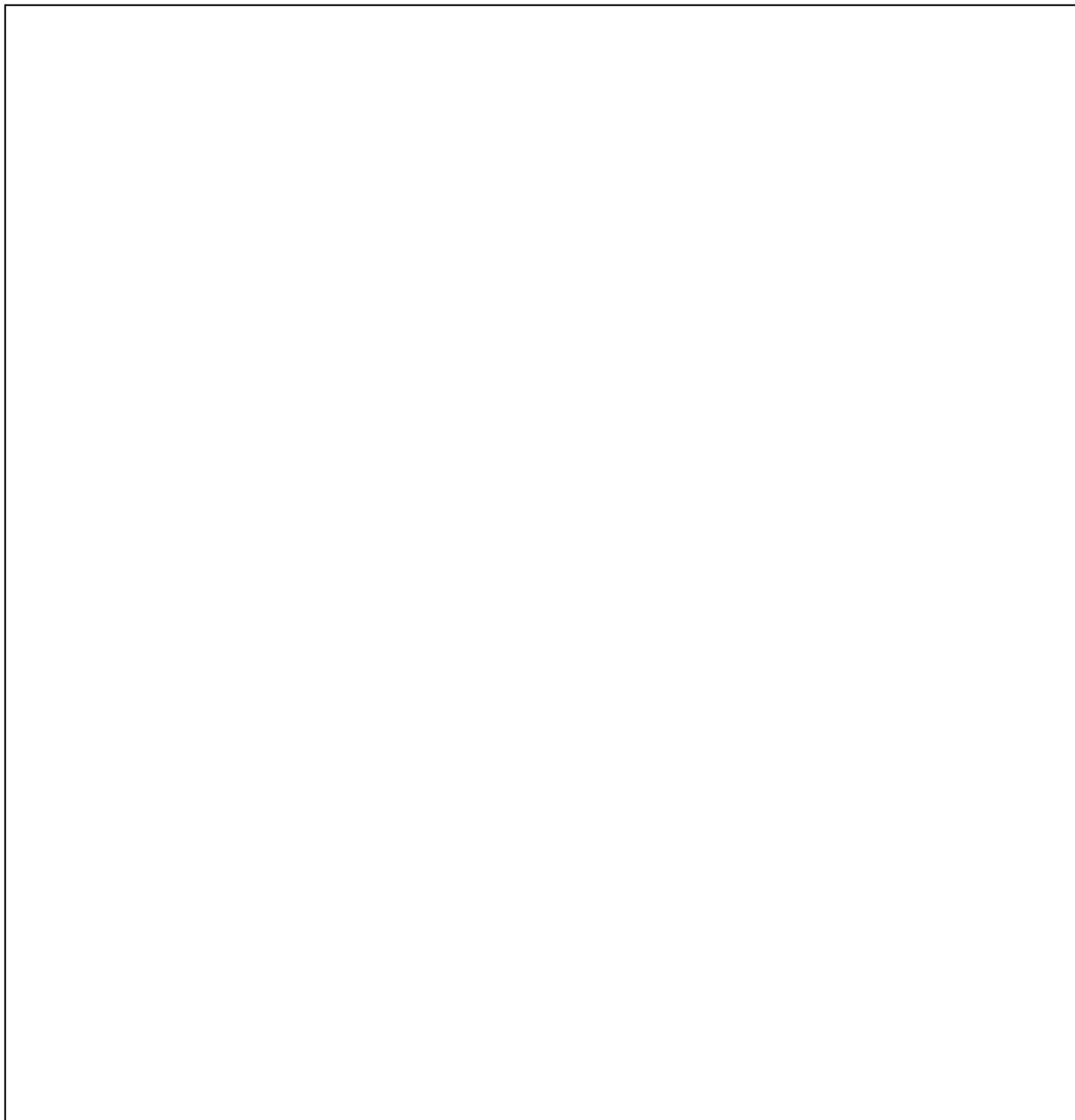


Prüfungsprogramm 4. Dan

23 Ushiro Hijitori	Jiyuwaza	
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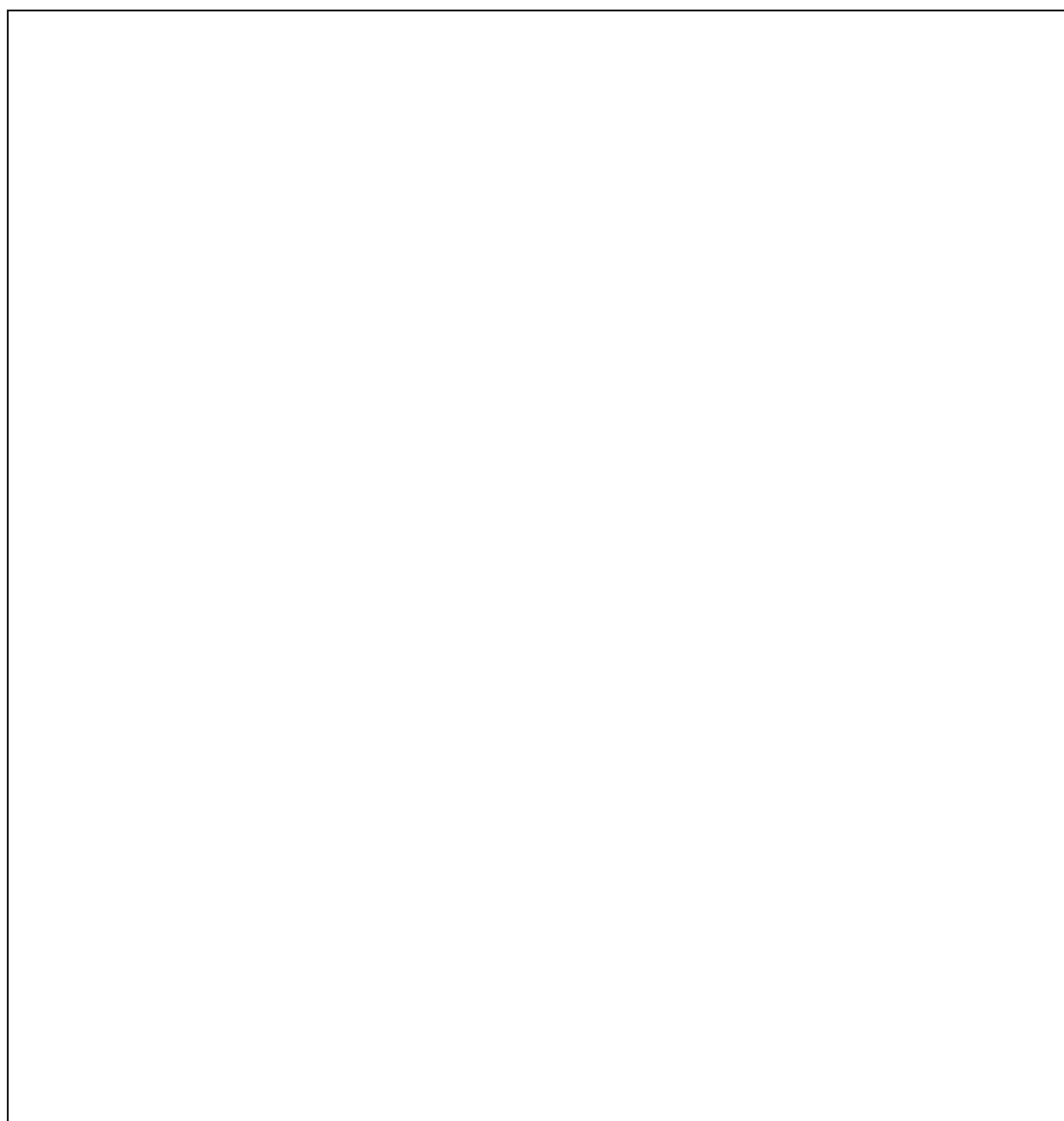
Prüfungsprogramm 4. Dan

24 Katatori Menuchi	Jiyuwaza	1. Maeashi Irimi 2. Ushiroashi Irimi 3. Tenkan Tenshin
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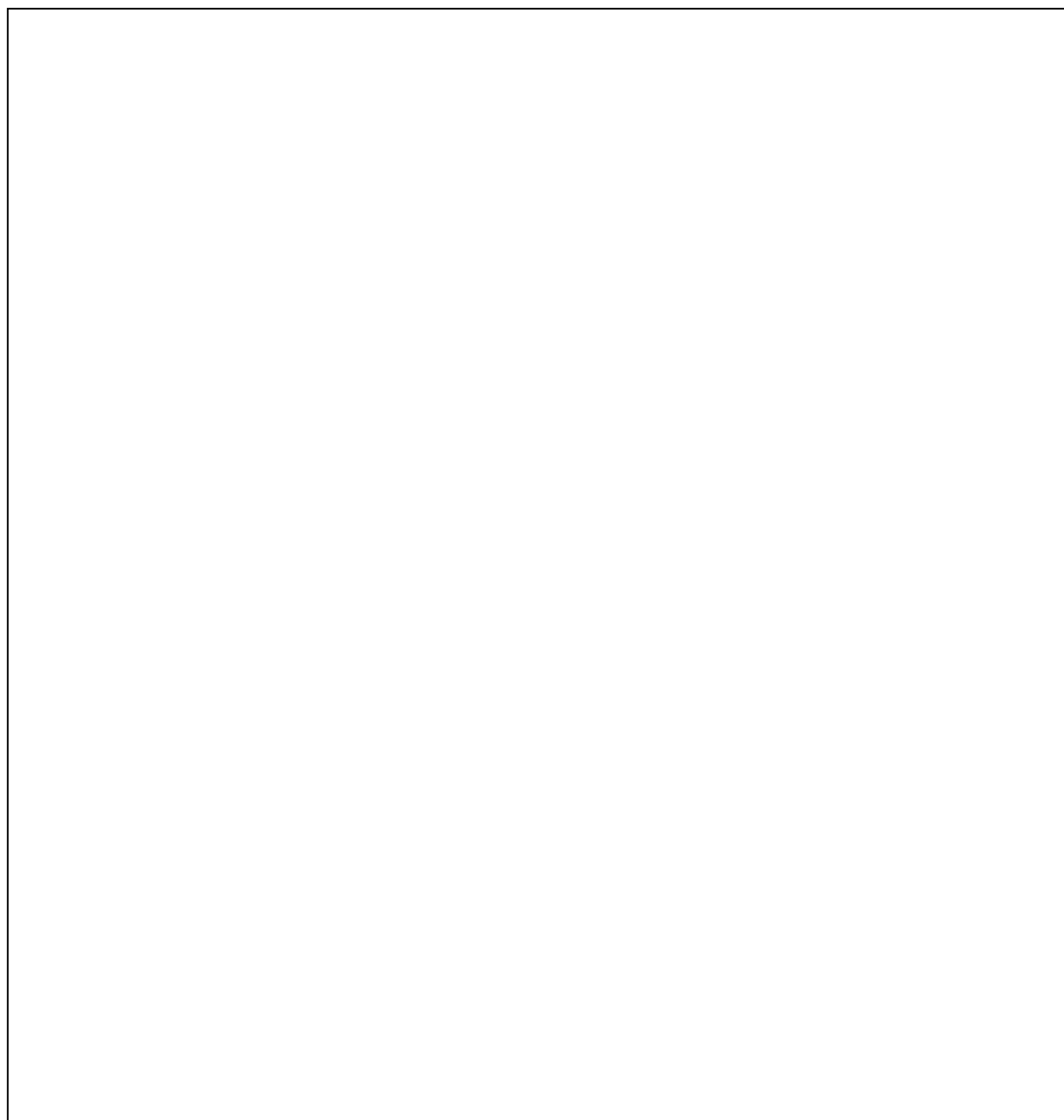
Prüfungsprogramm 4. Dan

25 Chudantsuki	Ikkyo/Hijikimeosae/ Uchikaiten Sankyo/ Shihonage/Udegarami	aussen oder innen
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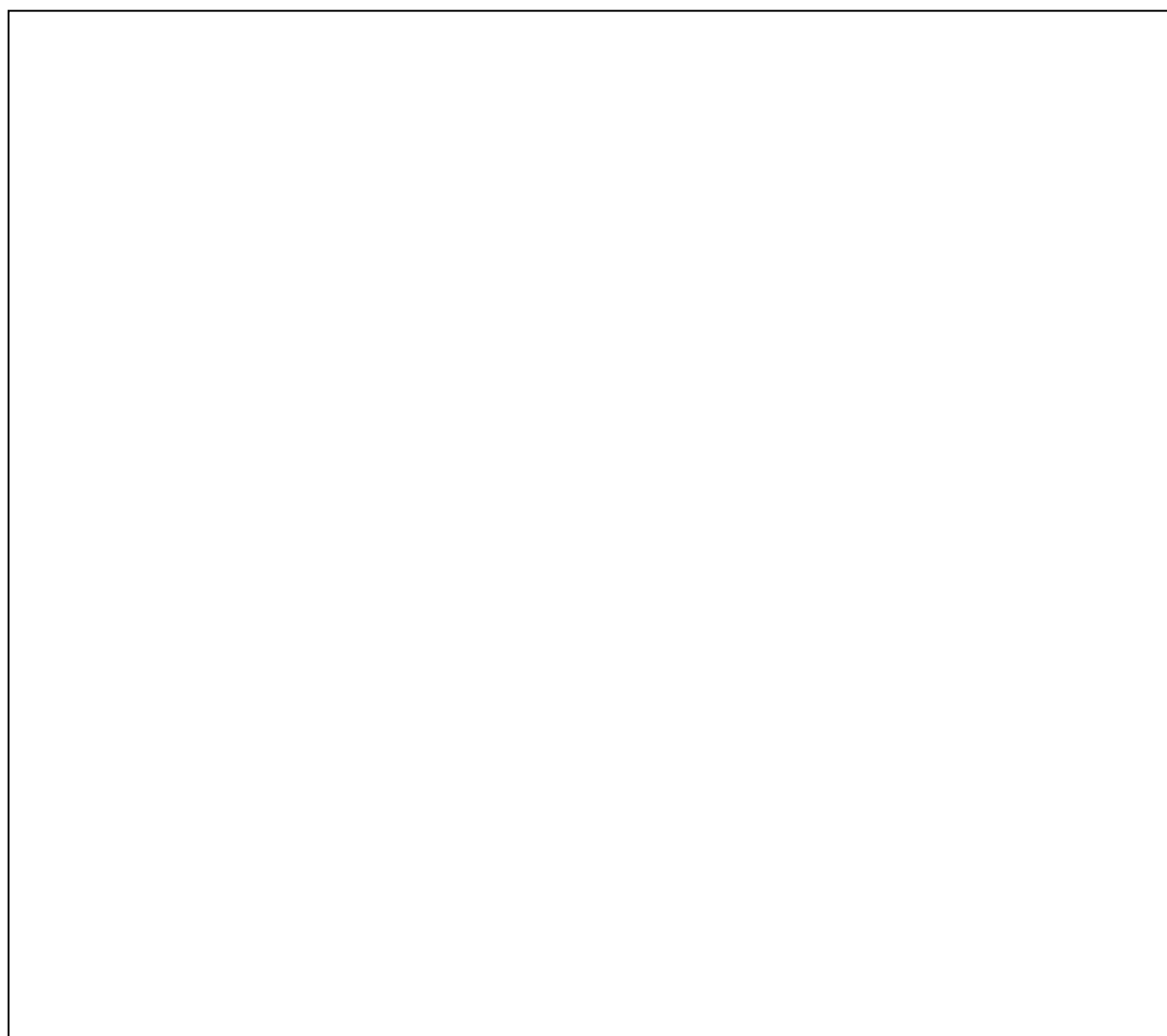
Prüfungsprogramm 4. Dan

26 Chudantsuki	Taninzutori	mit Furizuki Kokyunage/ Tenchinage/ Genkeikokyunage
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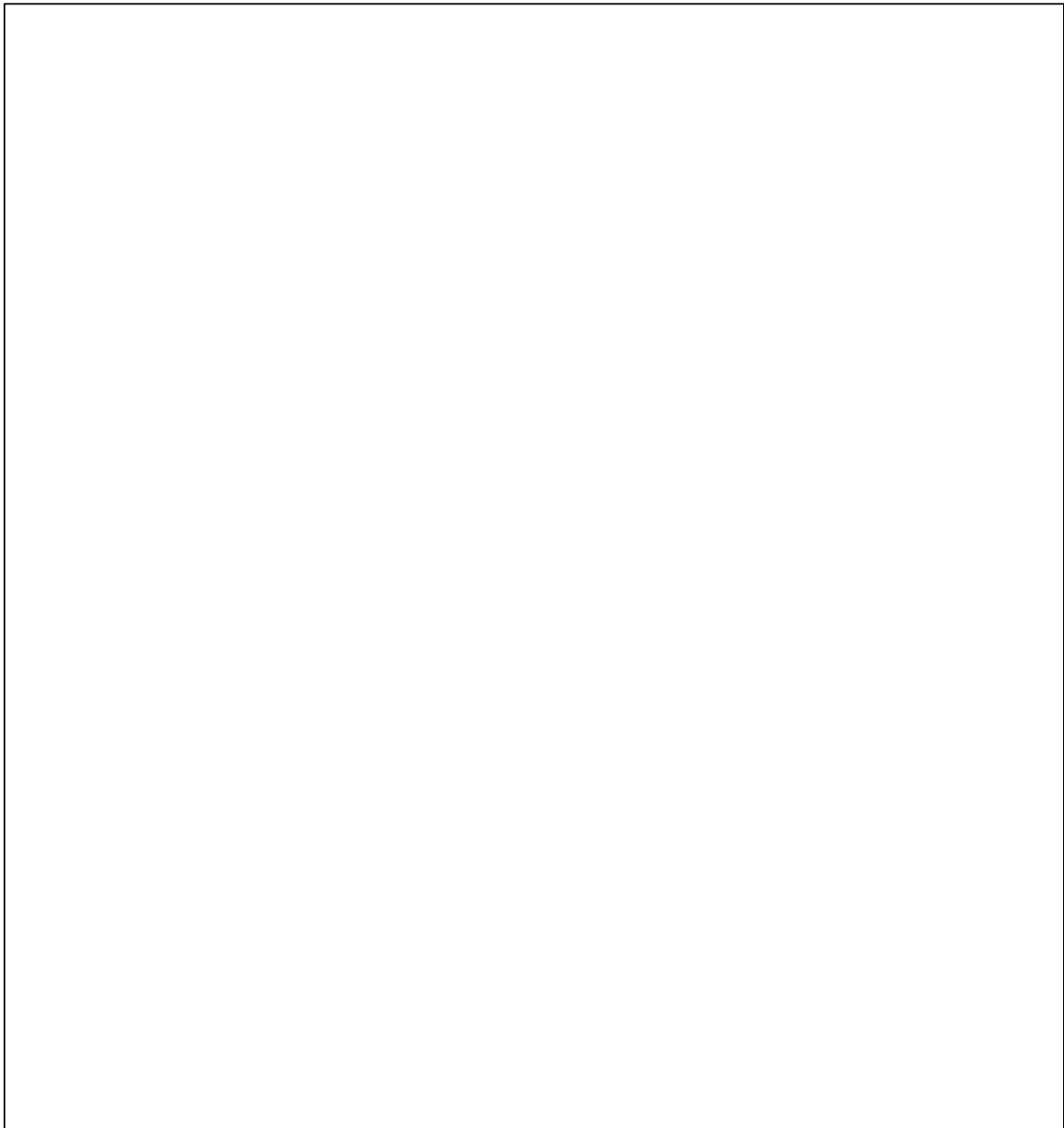
Prüfungsprogramm 4. Dan

27 Yokomenuchi	Kotegaesgi/ Ikkyo/ Teguruma/ Ipponseoinage	Maeashi Irimi (<i>Hitoemi</i>)/ Maeashi Irimi (<i>Sankakutai</i>)/ Ushiroashi Irimi (<i>Hitoemi</i>)/ Ushiroashi Irimi (<i>Sankakutai</i>)
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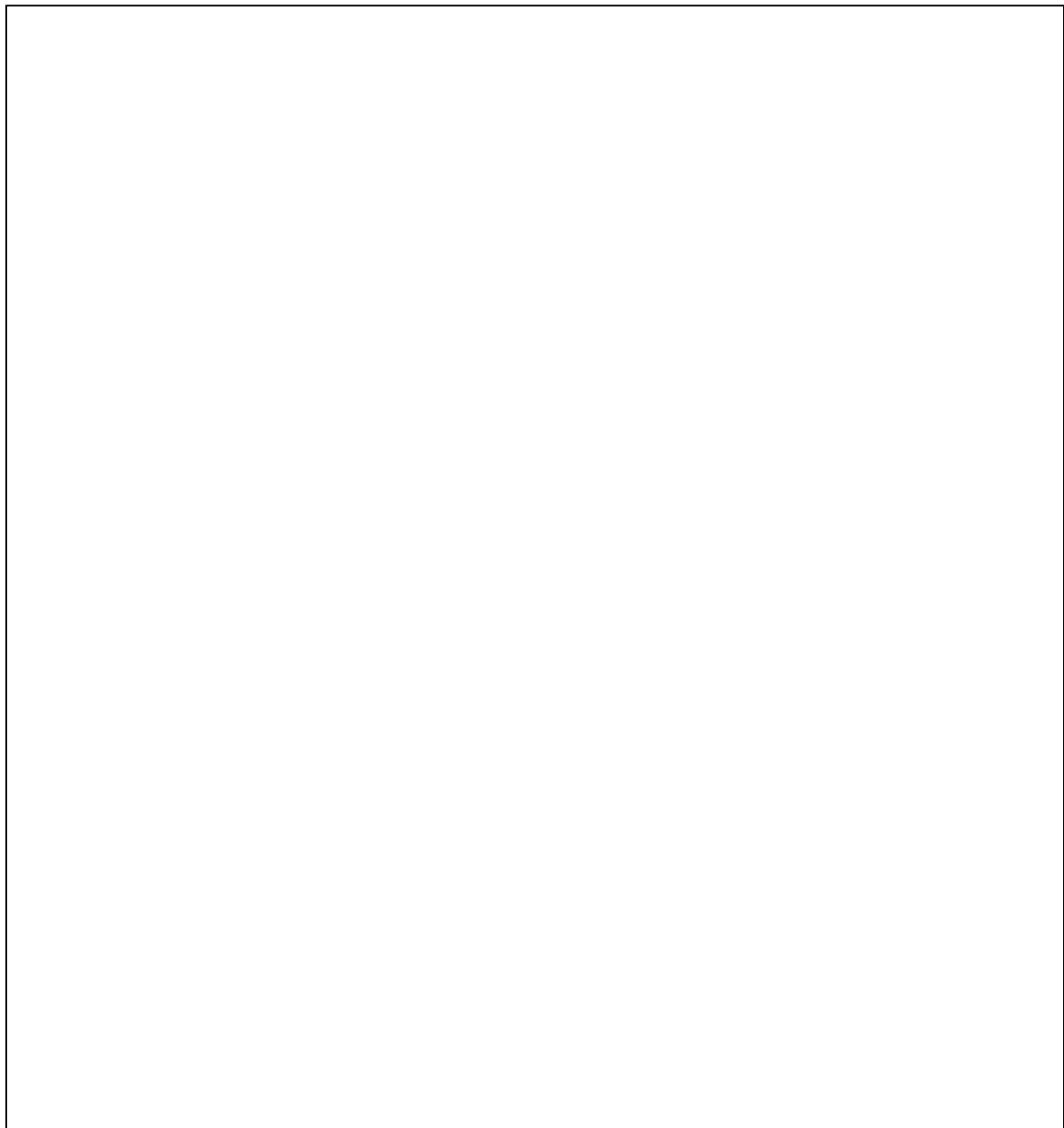
Prüfungsprogramm 4. Dan

28 Yokomenuchi	Shihonage/ Ikkyo	Ainuke
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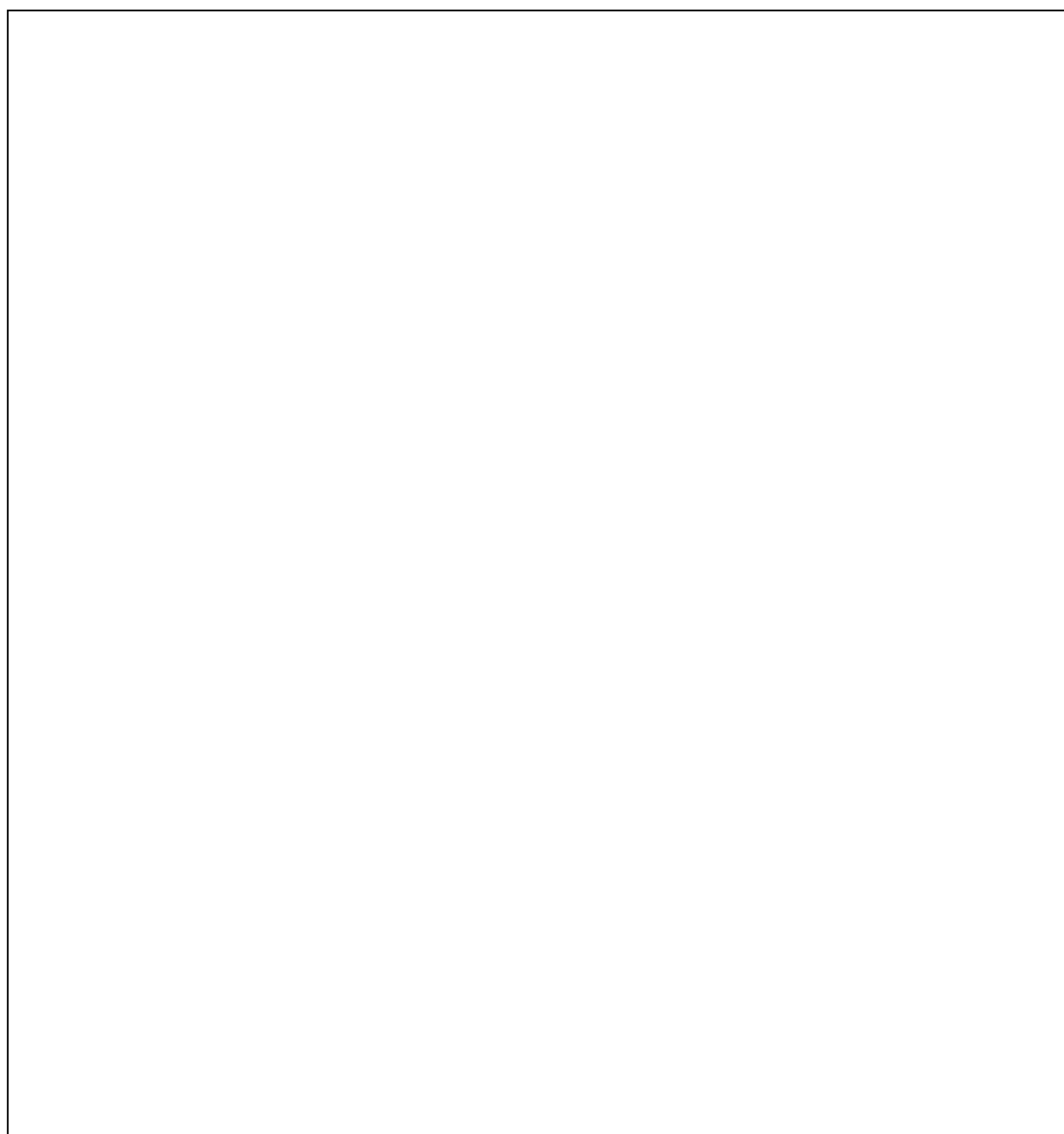
Prüfungsprogramm 4. Dan

29 Yokomenuchi	Jiyuwaza	
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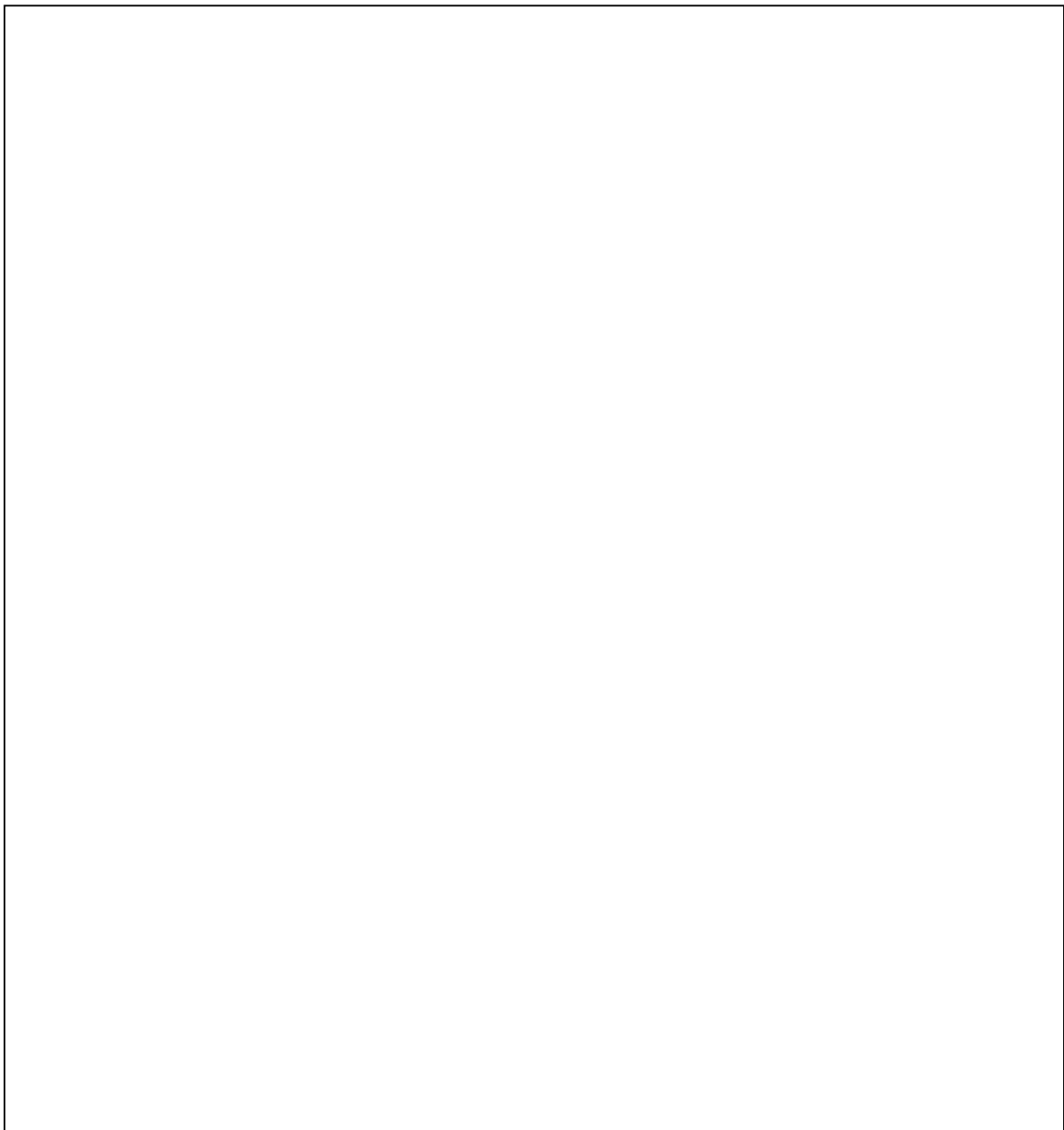
Prüfungsprogramm 4. Dan

30 Katate Ryotetori	Ikkyo bis Yonkyo	Tenkan Tenshin/ Kamihanen/ Omote und Shimohanen/ Ura
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Prüfungsprogramm 4. Dan

31 Tachi	Tachitori	(mit Bokken)
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Prüfungsprogramm 4. Dan

32 Tachi	Aikiken	(Bokken)
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