



氣
道

Arbeitsbuch 4. Kyu



AIKIDO Prüfungsprogramm
nach Masatomi Ikeda Sensei
1940 - 2021

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

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SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote	
	2	Ikkyo Ura	
TACHIWAZA			
Shomenuchi Kiawase	3	Ikkyo Omote	
	4	Ikkyo Ura	
	5	Nikyo Omote	
	6	Nikyo Ura	
	7	Ikkyo Ura	Kakarigeiko (2 Uke)
Katatetori Aihanmi	8	Shihonage Omote	
	9	Shihonage Ura	
	10	Iriminage	
	11	Kotegaeshi	
	12	Udekimenage	
	13	Uchikaitennage	
Katatetori Gyakuhanmi	14	Ikkyo Omote	
	15	Ikkyo Ura	
	16	Kotegaeshi	
	17	Iriminage	
Ryotetori	18	Shihonage Omote	
	19	Shihonage Ura	
	20	Tenchinage	
	21	Genkeikokyunage	
	22	Udekimenage	
	23	Kiriotoshi (Chinshin)	
Katate Ryotetori	24	Udekimenage	
	25	Kotegaeshi	Kigata
Ushiro Ryotetori	26	Kotegaeshi	
	27	Shihonage	
Katatori Menuchi	28	Kotegaeshi	
	29	Shihonage	
Yokomenuchi	30	Shihonage	
	31	Iriminage	
	32	Kotegaeshi	

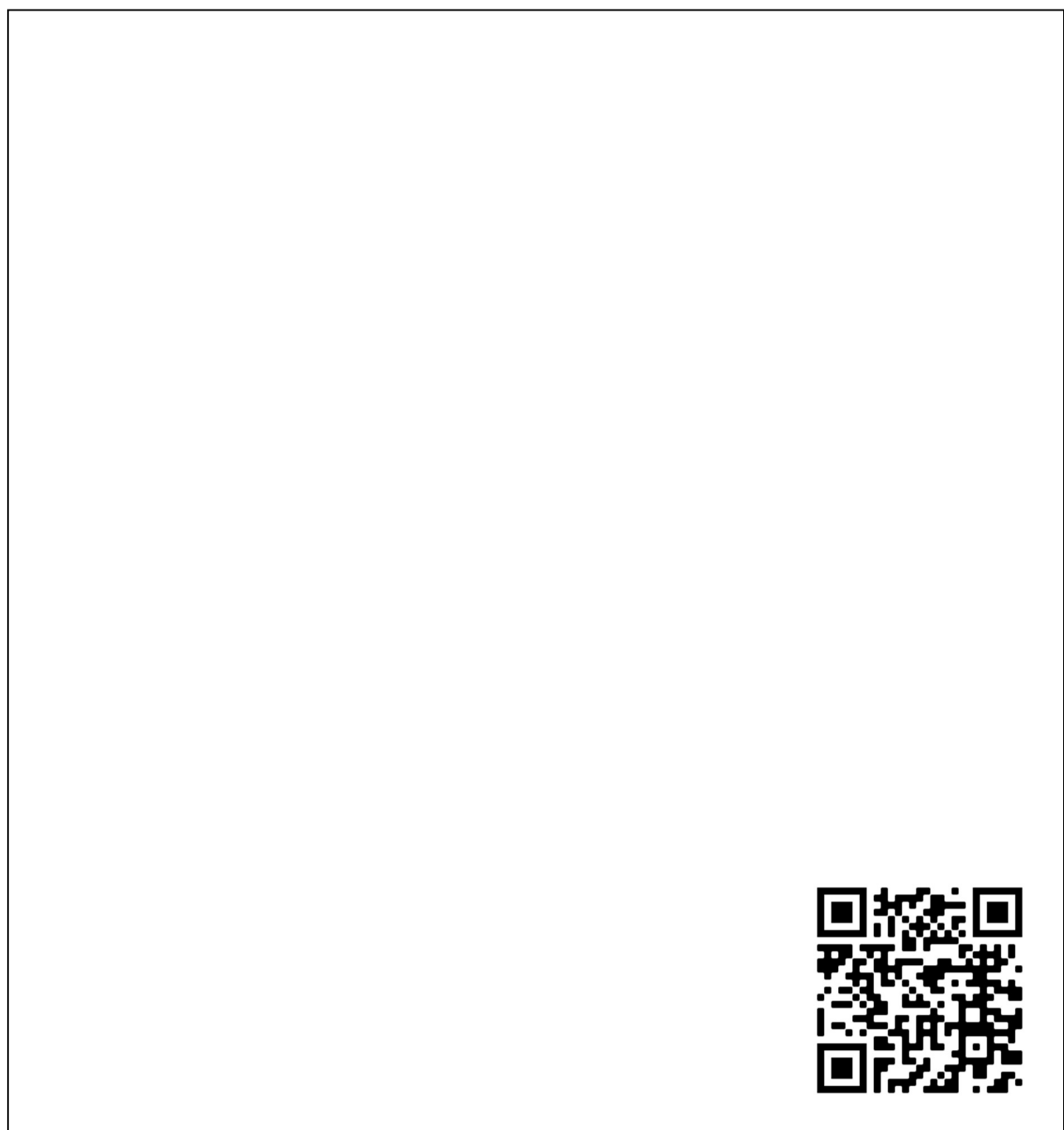
Prüfungsprogramm 4. Kyu

1 ZUWARIWAZA Shomenuchi Kiawase	Ikkyo Omote	
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Prüfungsprogramm 4. Kyu

<p>2 ZUWARIWAZA Shomenuchi Kiawase</p>	<p>Ikkyo Ura</p>	
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3 TACHIWAZA Shomenuchi Kiawase	Ikkyo Omote	
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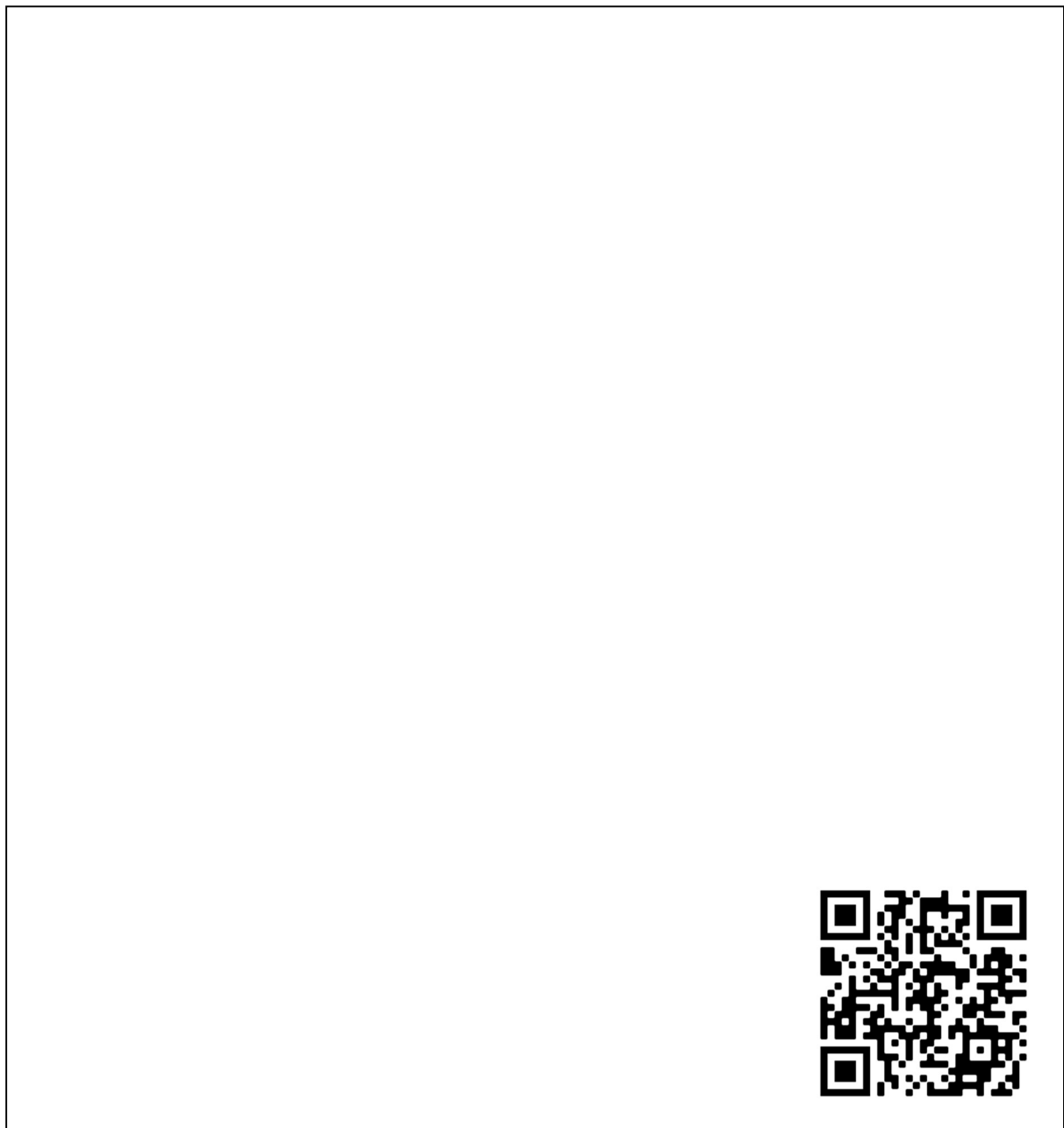
Prüfungsprogramm 4. Kyu

4 Shomenuchi Kiawase	Ikkyo Ura	
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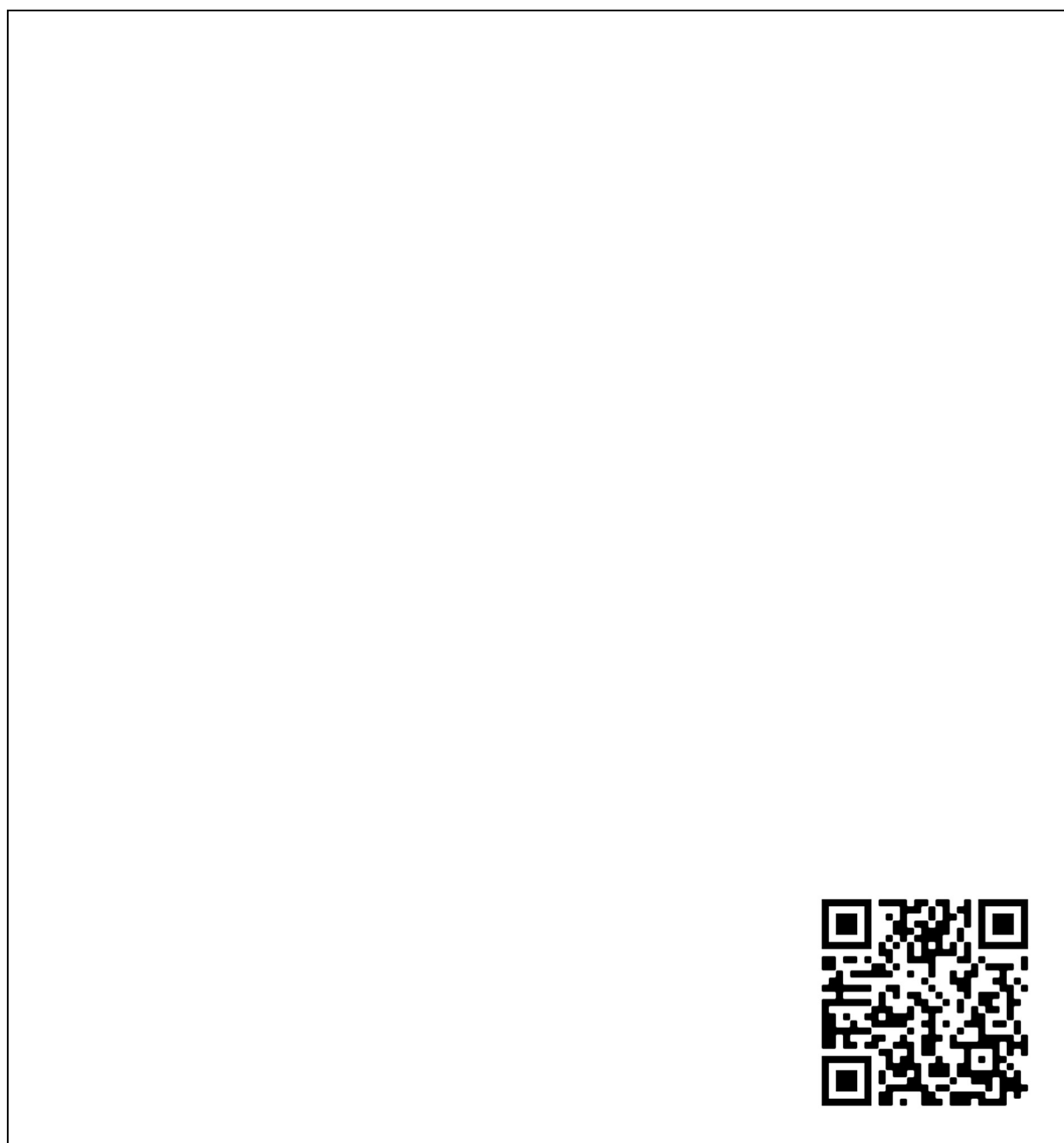
Prüfungsprogramm 4. Kyu

5 Shomenuchi Kiawase	Nikyo Omote	
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Prüfungsprogramm 4. Kyu

6 Shomenuchi Kiawase	Nikyo Ura	
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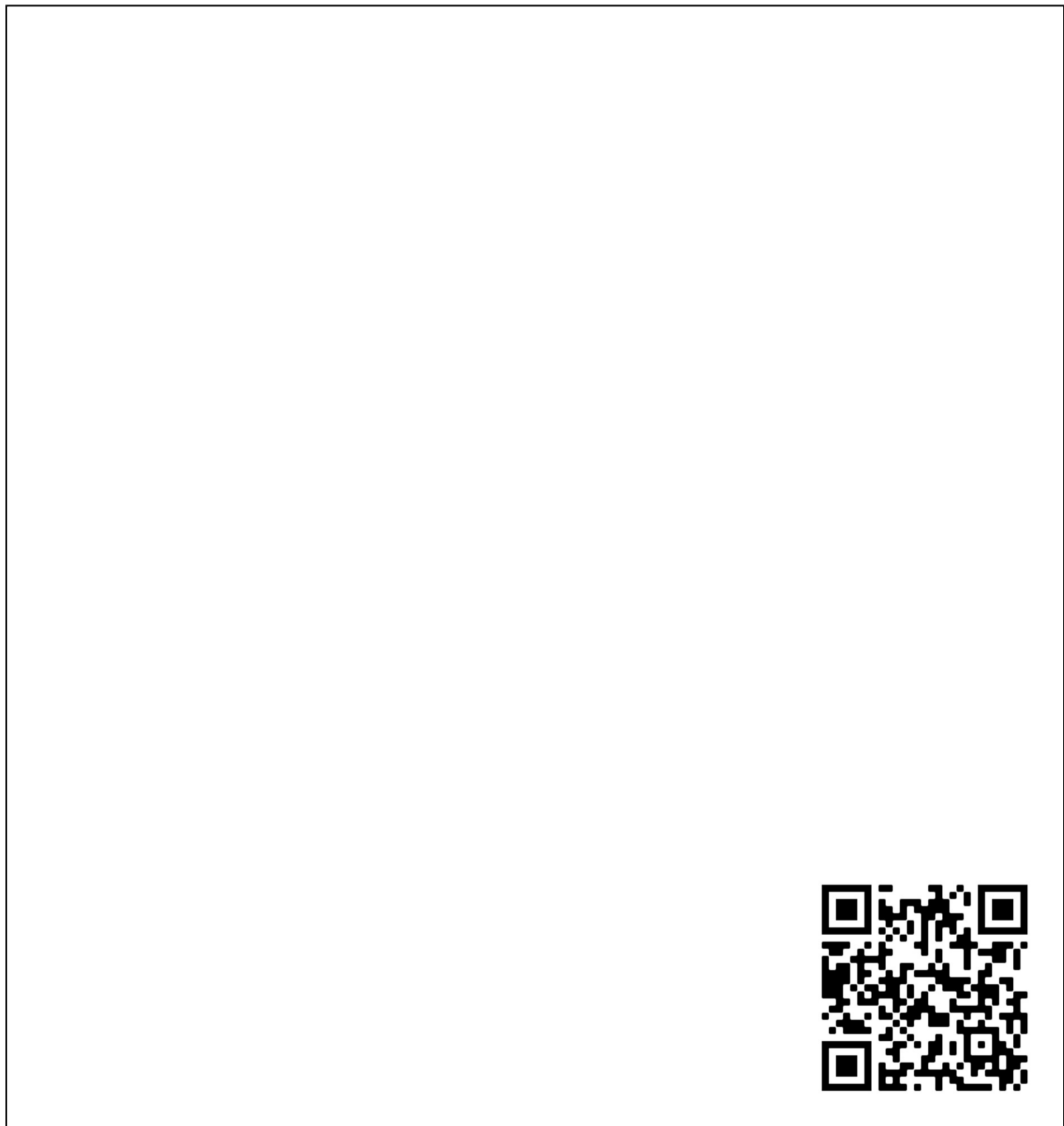
Prüfungsprogramm 4. Kyu

7 Shomenuchi Kiawase	Nikyo Ura	Kakarigeiko (2 Uke)
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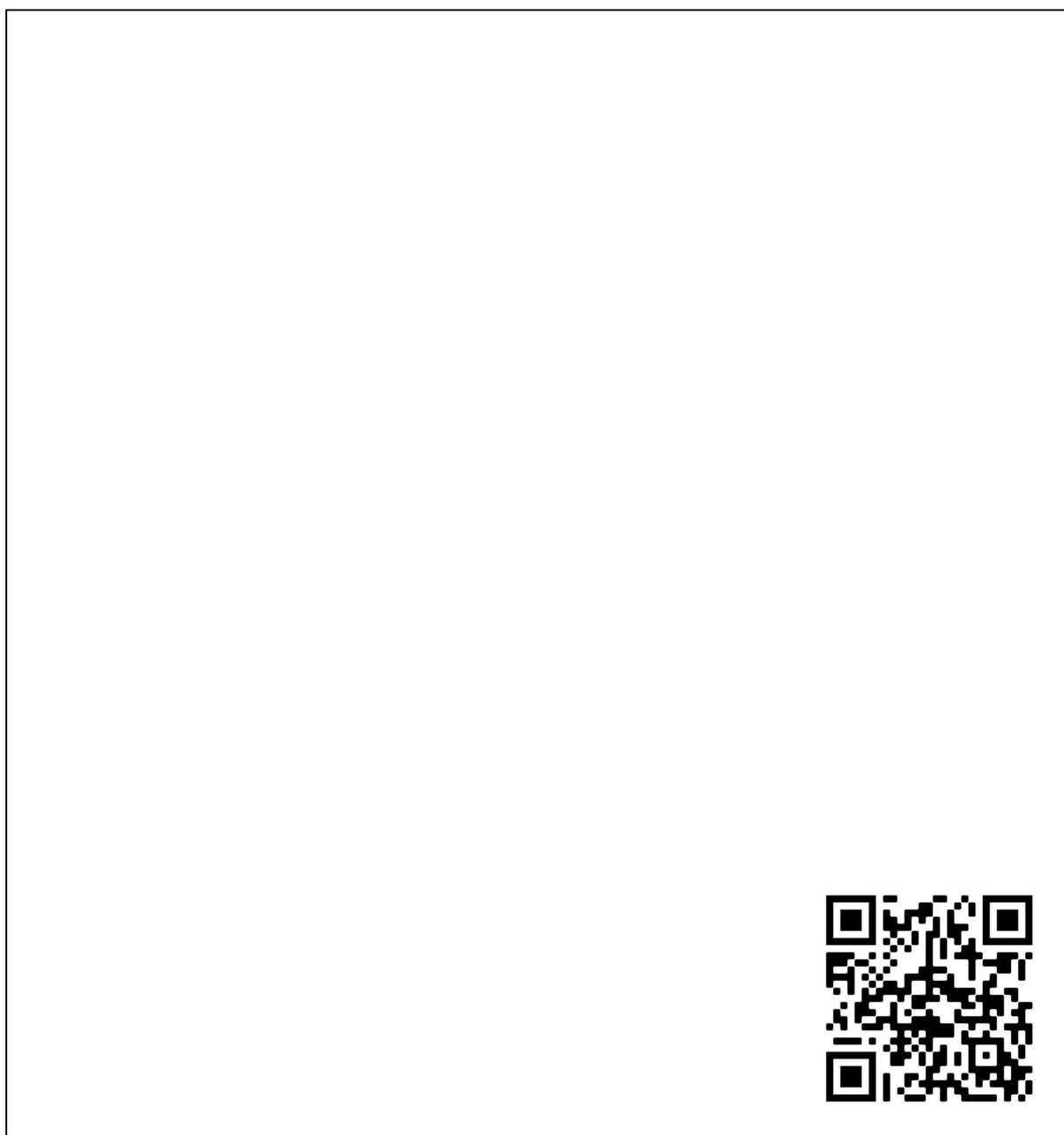
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8 Katatetori Aihanmi	Shihonage Omote	
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9 Katatetori Aihanmi	Shihonage Ura	
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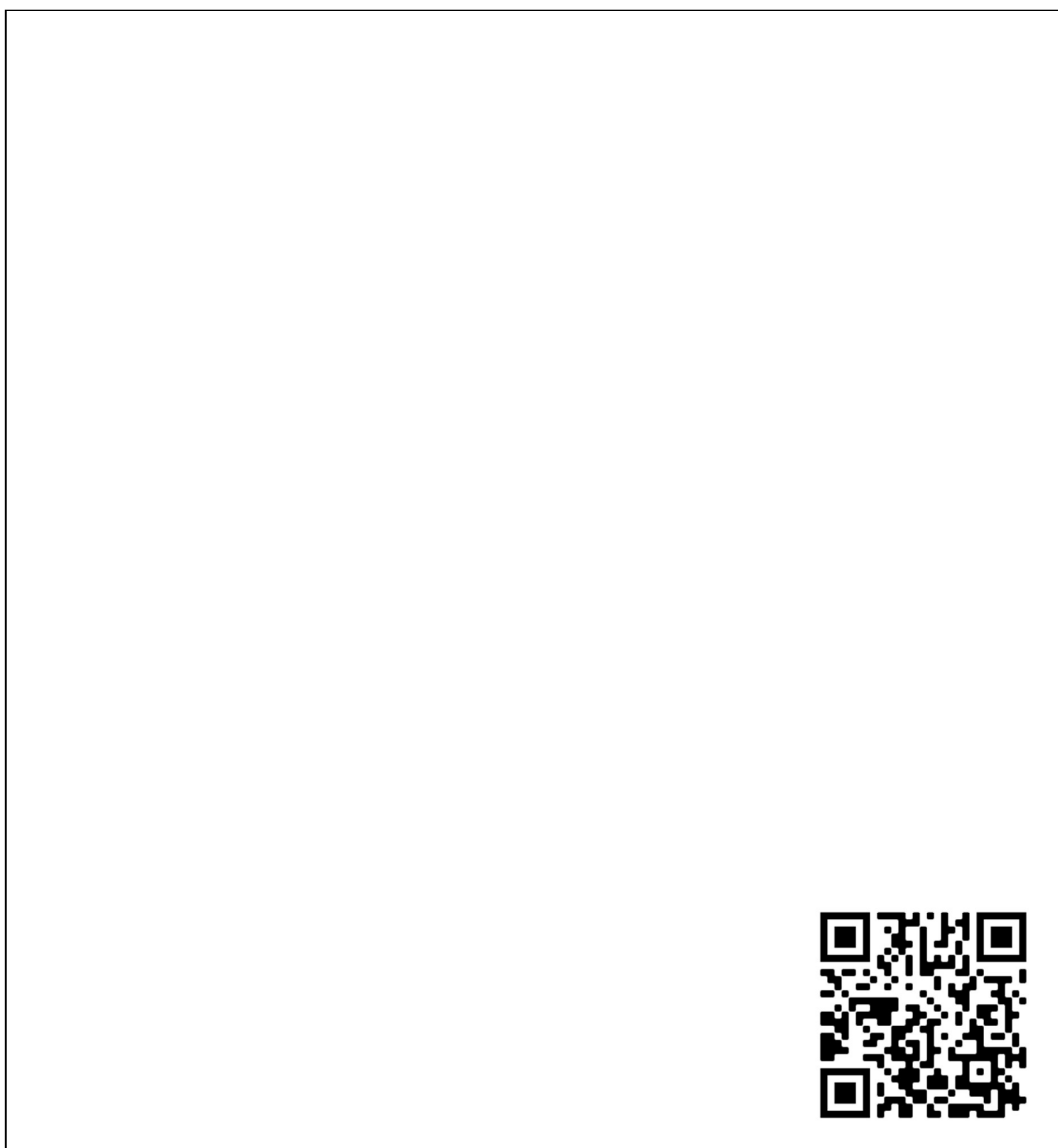
Prüfungsprogramm 4. Kyu

10 Katatetori Aihanmi	Iriminage	
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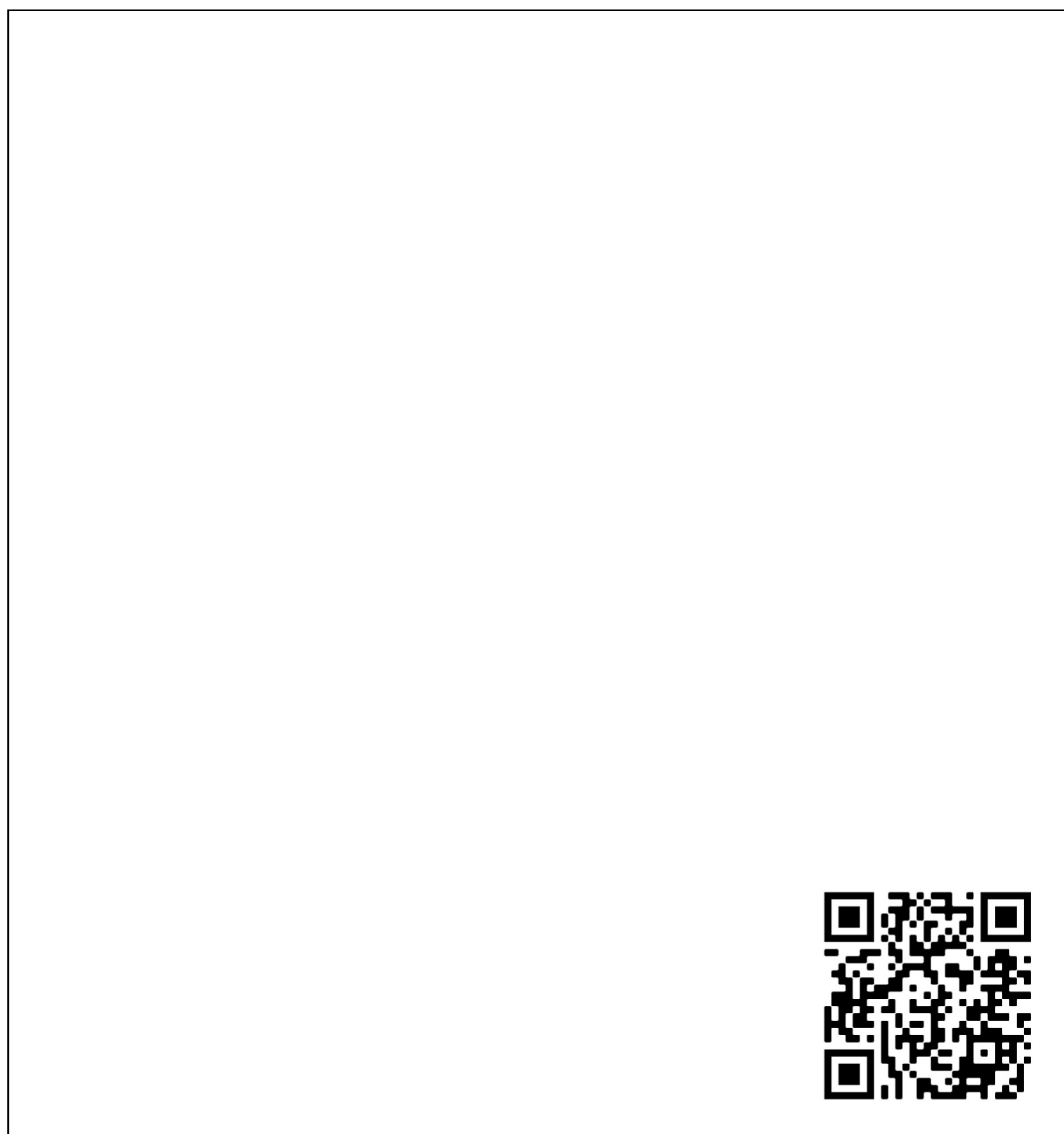
Prüfungsprogramm 4. Kyu

11 Katatetori Aihanmi	Kotegaeshi	
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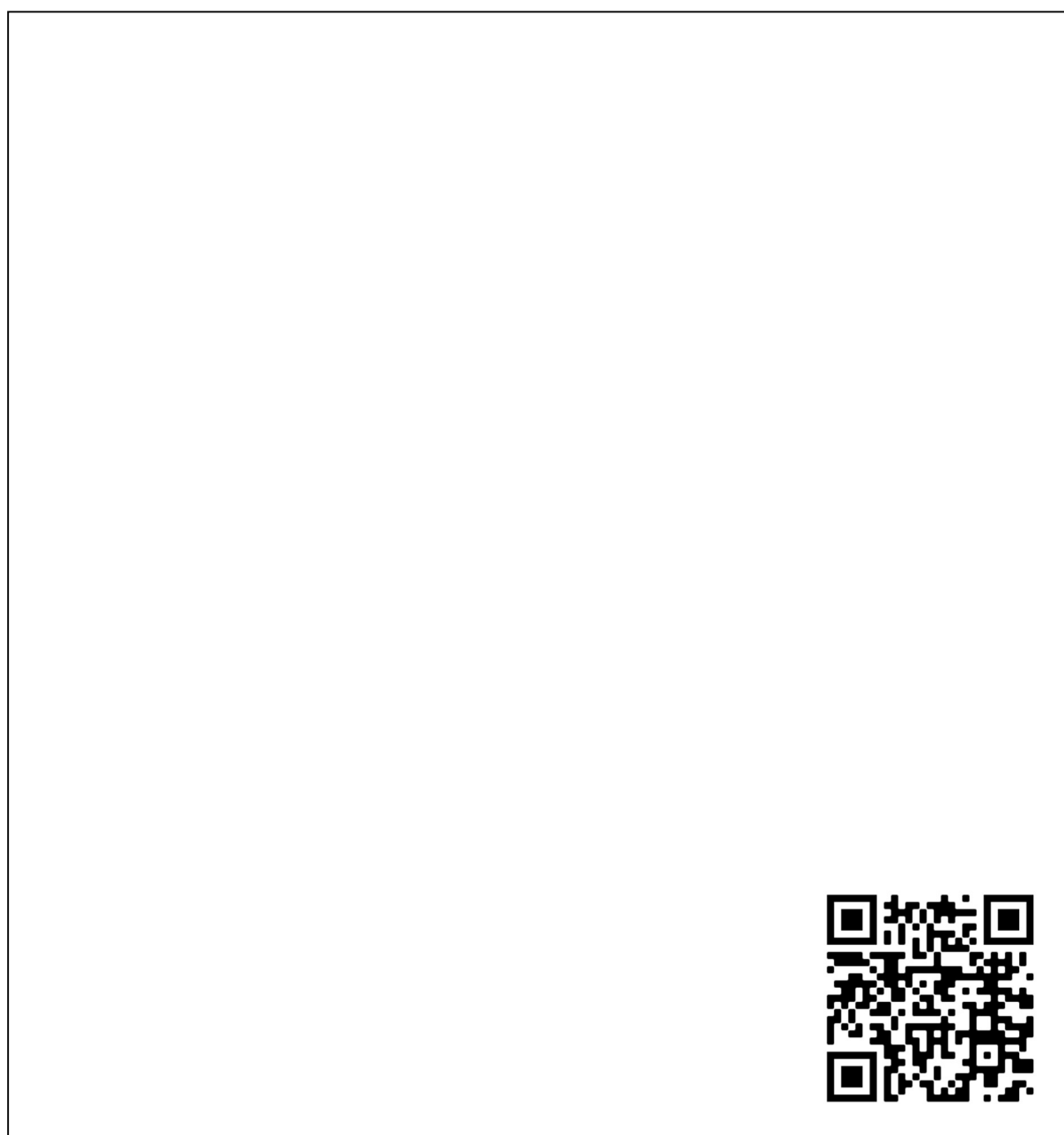
Prüfungsprogramm 4. Kyu

12 Katatetori Aihanmi	Udekimenage	
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13 Katatetori Aihanmi	Uchikaitennage	
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14 Katatetori Gyakuhanmi	Ikkyo Omote	
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15 Katatetori Gyakuhanmi	Ikkyo Ura	
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16 Katatetori Gyakuhanmi	Kotegaeshi	
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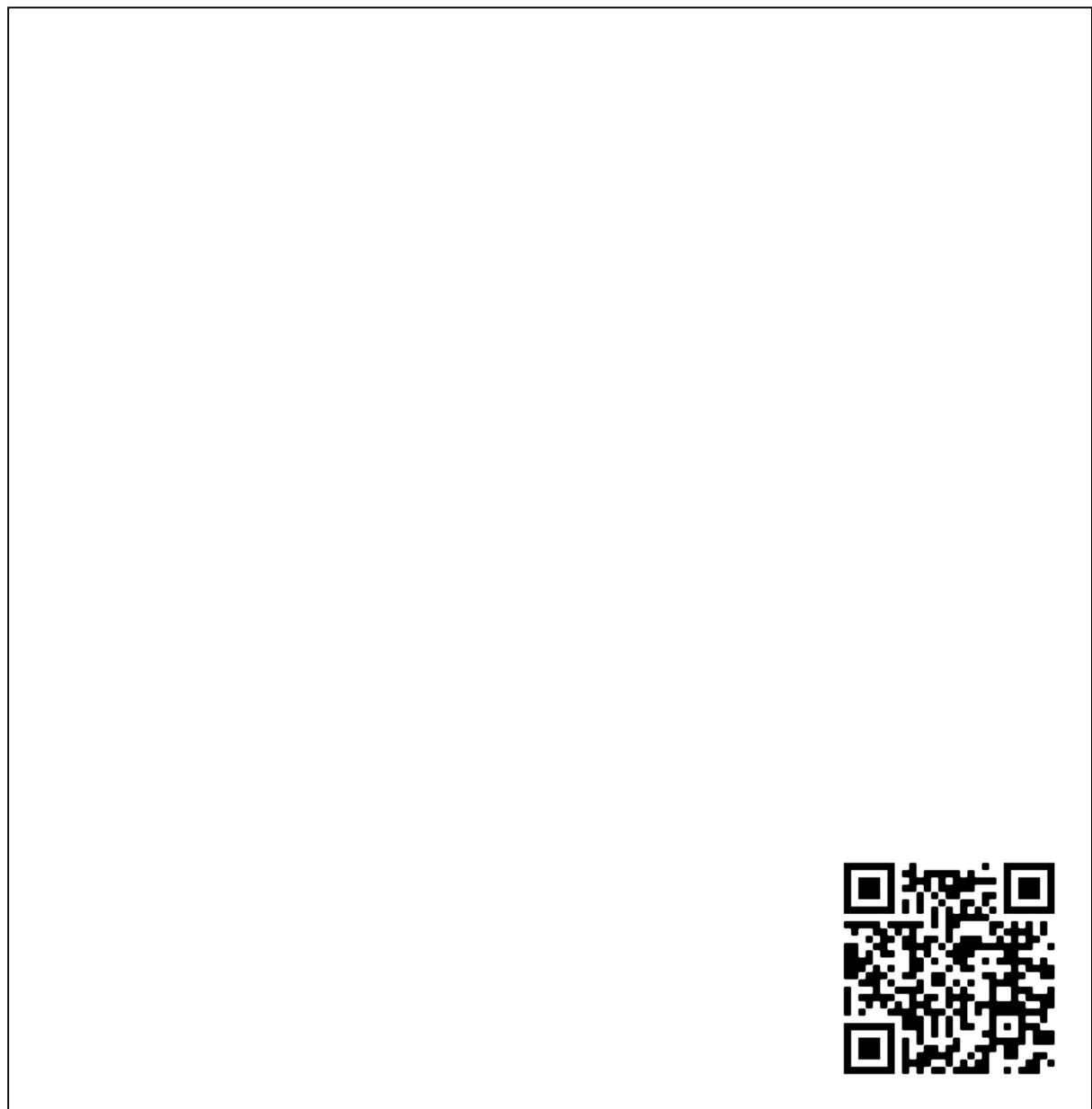
Prüfungsprogramm 4. Kyu

17 Katatetori Gyakuhanmi	Iriminage	
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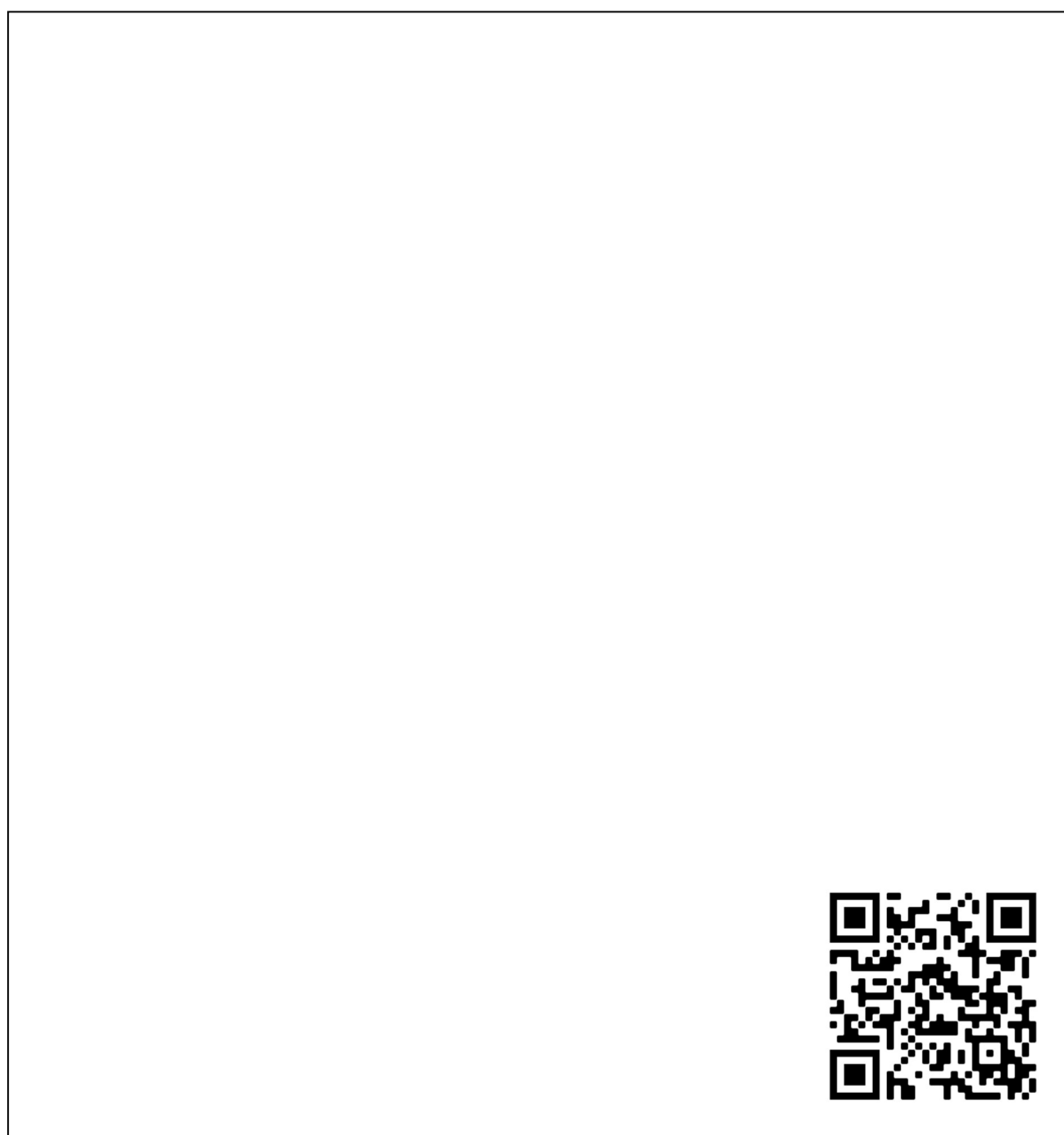
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18 Ryotetori	Shihonage Omote	
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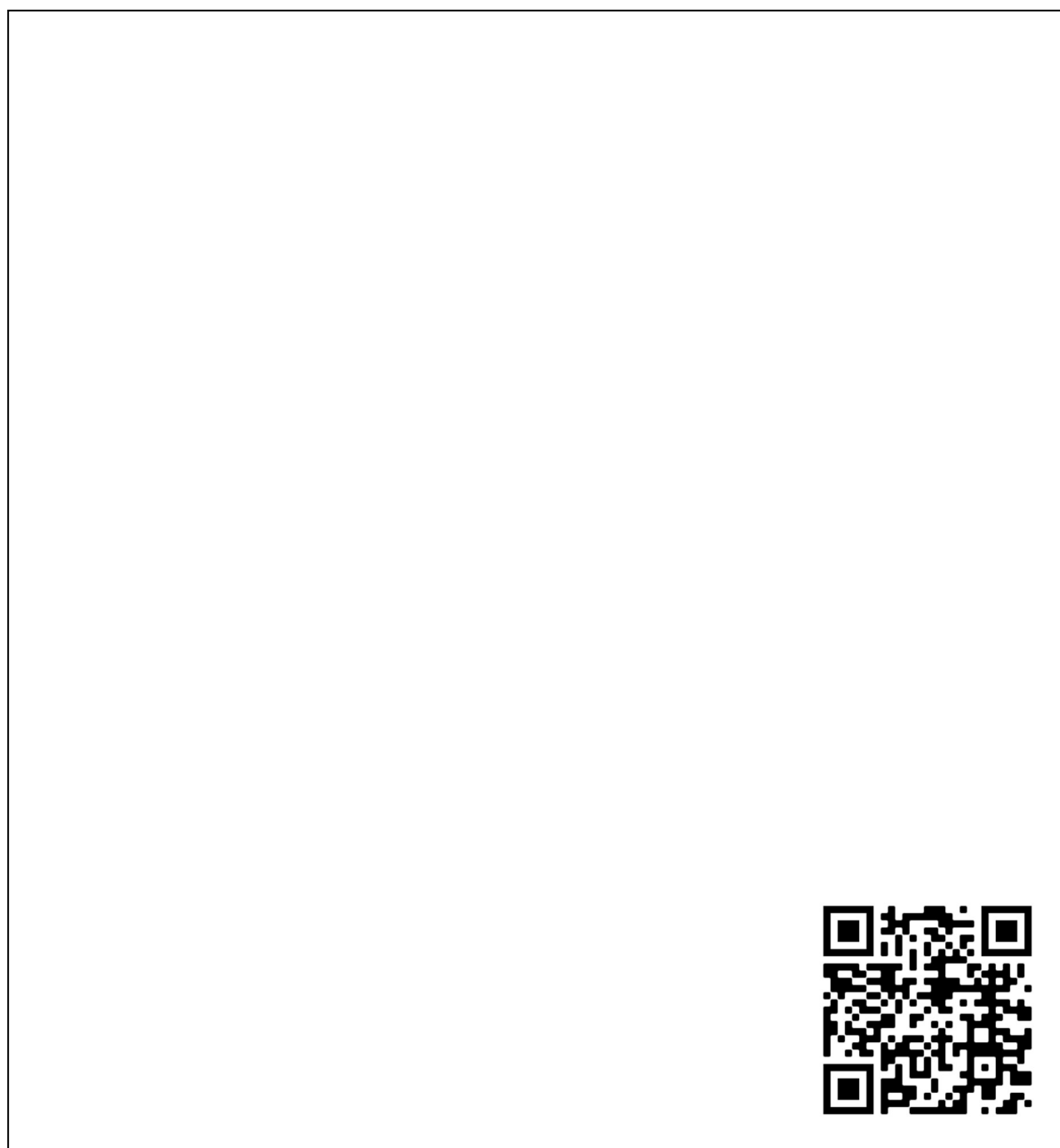
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19 Ryotetori	Shihonage Ura	
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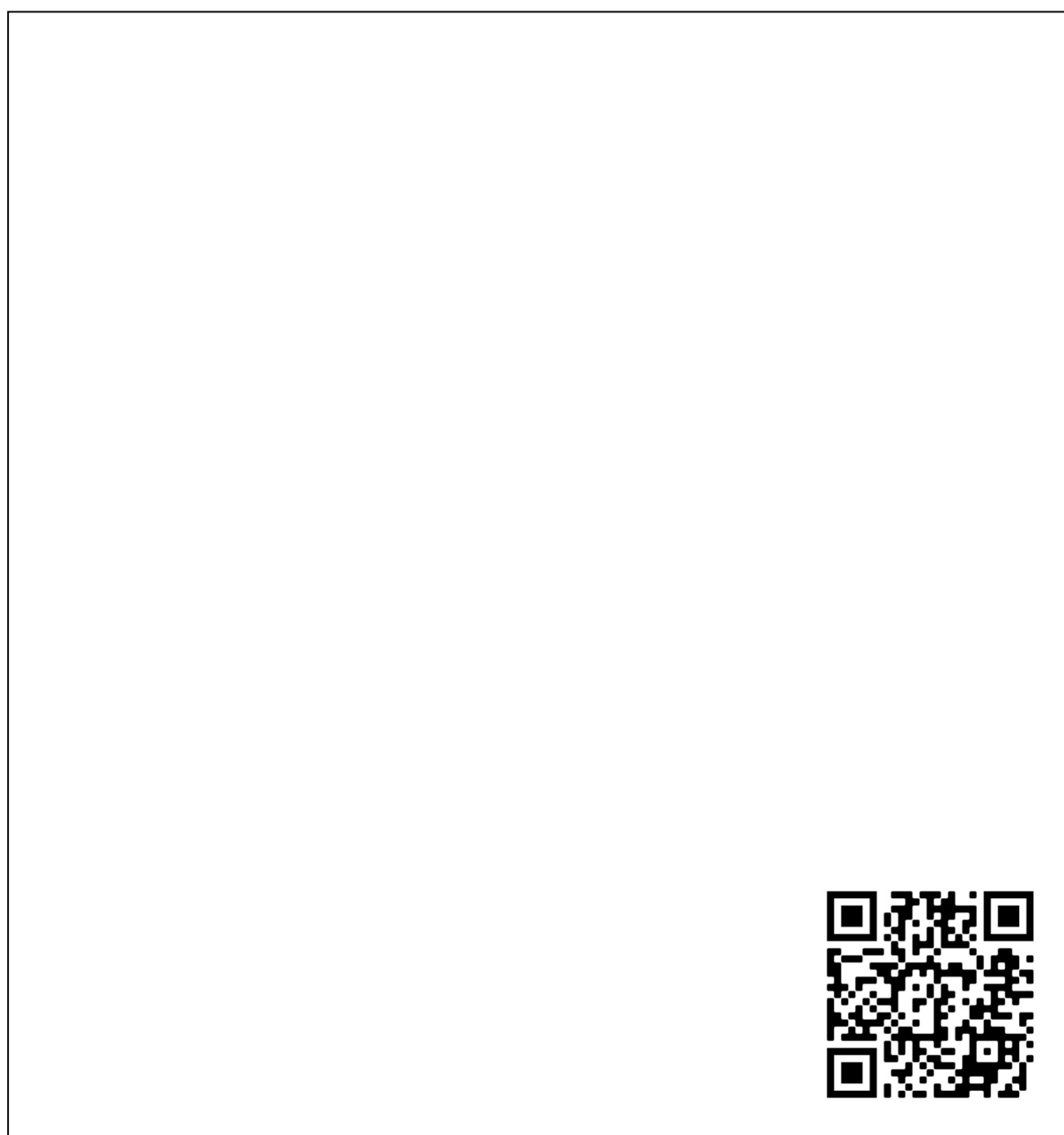
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20 Ryotetori	Tenchinage	
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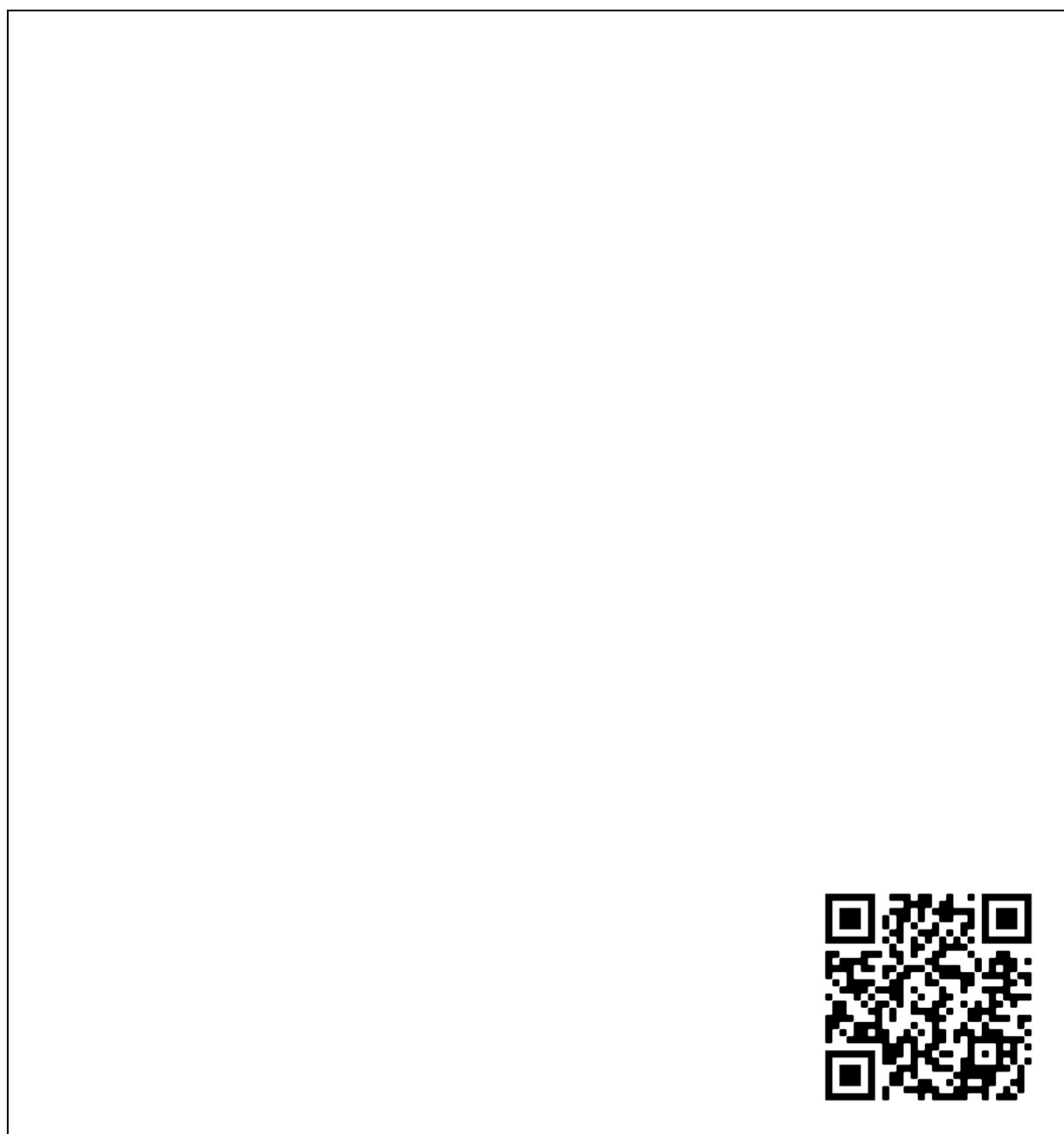
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21 Ryotetori	Genkeikokyunage	
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22 Ryotetori	Udekimenage	
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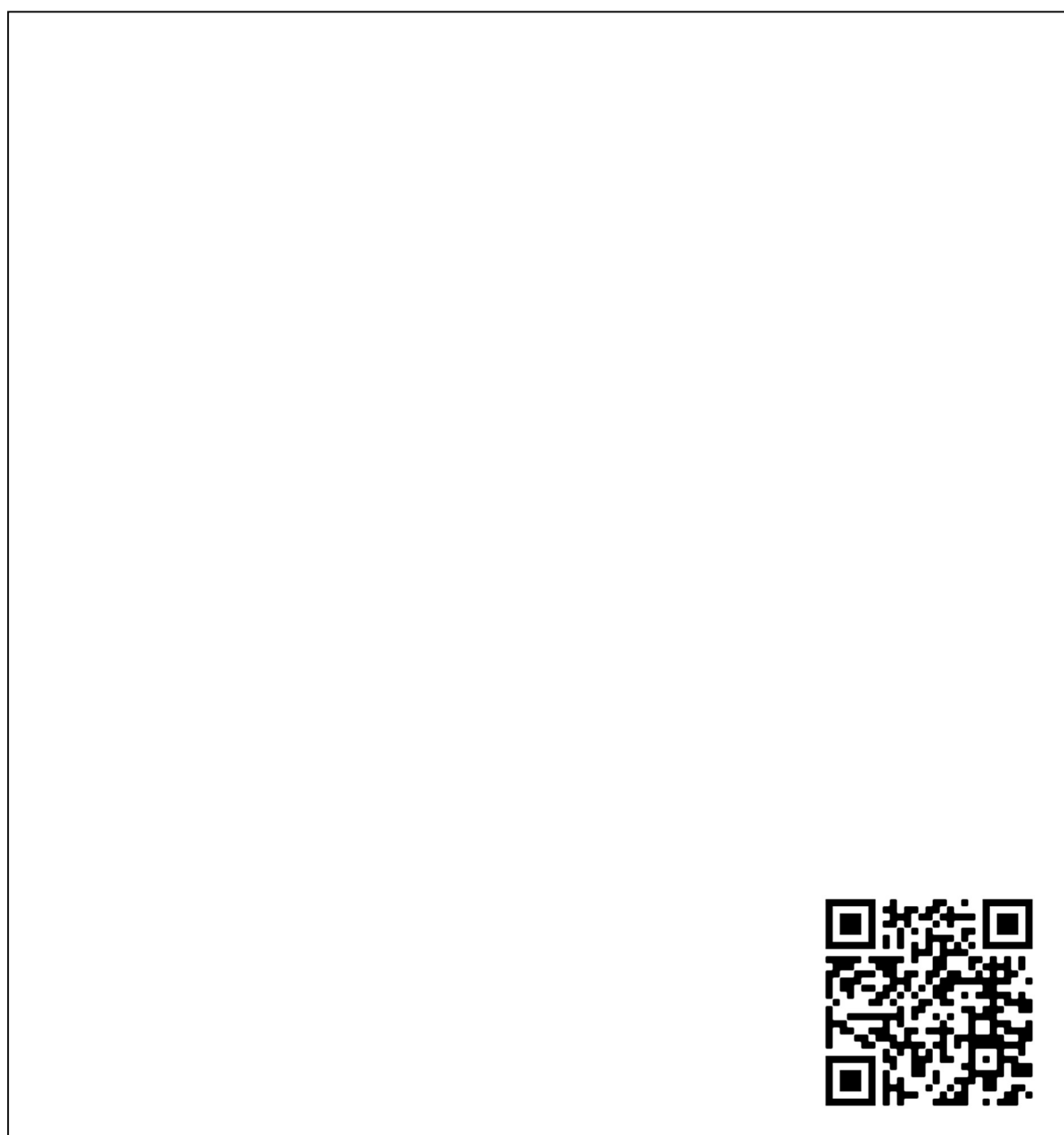
23 Ryotetori	Kiriotoshi (Chinshin)	
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Chinshin: aus Ryotetori beide Hände über den eigenen Kopf bringen unter Uke auf einer Seite abtauchen und nach hinten expandieren. Uke rollt über Tori vorwärts. *(Lanzenspitze auf dem Helm von Tori will Ukes Bauch durchbohren)*



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24 Katate Ryotetori	Udekimenage	
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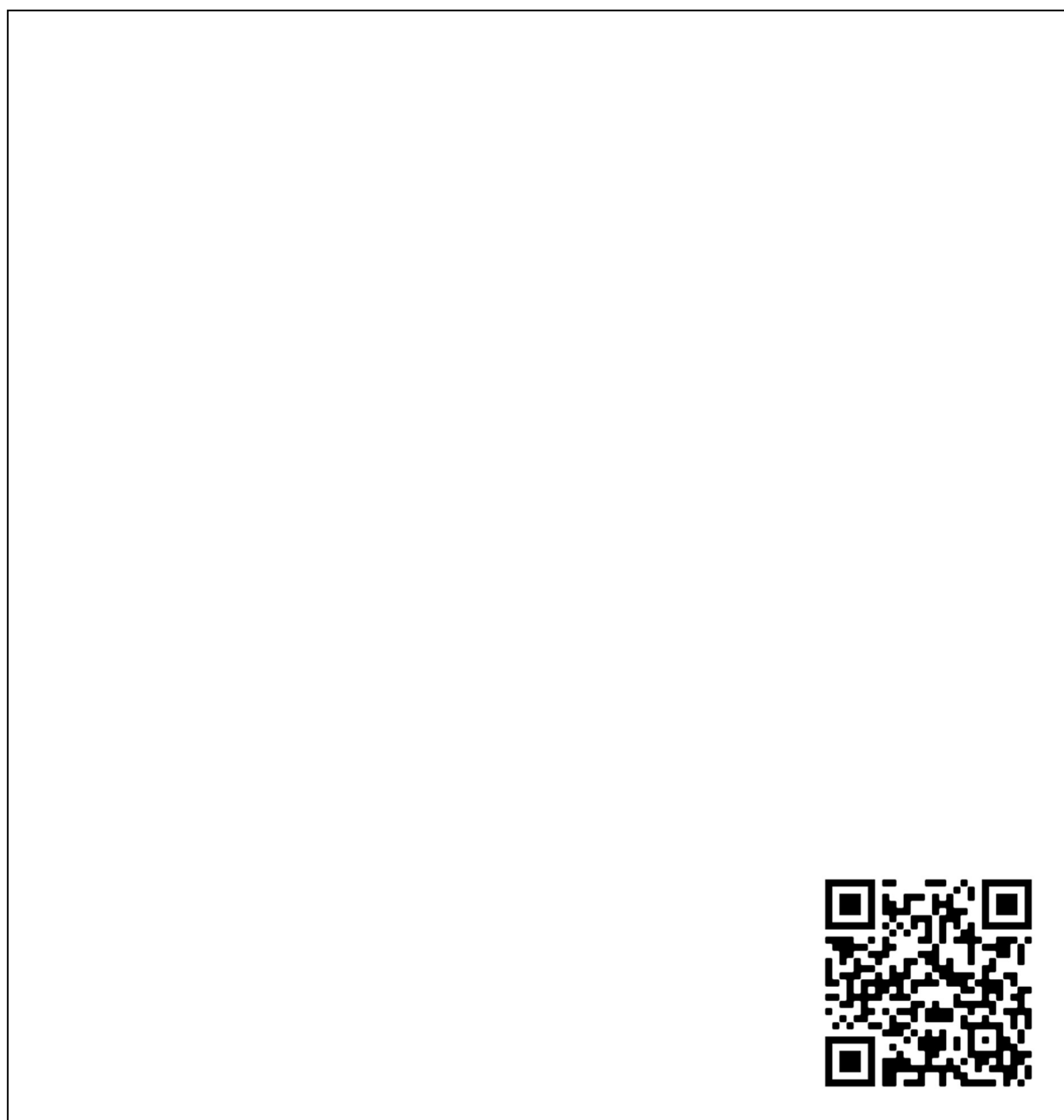
25 Katate Ryotetori	Kotegaeshi	Kigata
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Kigata: weiche Form – Uke rollt seitlich weg – kein Festhalter (Osae) von Tori



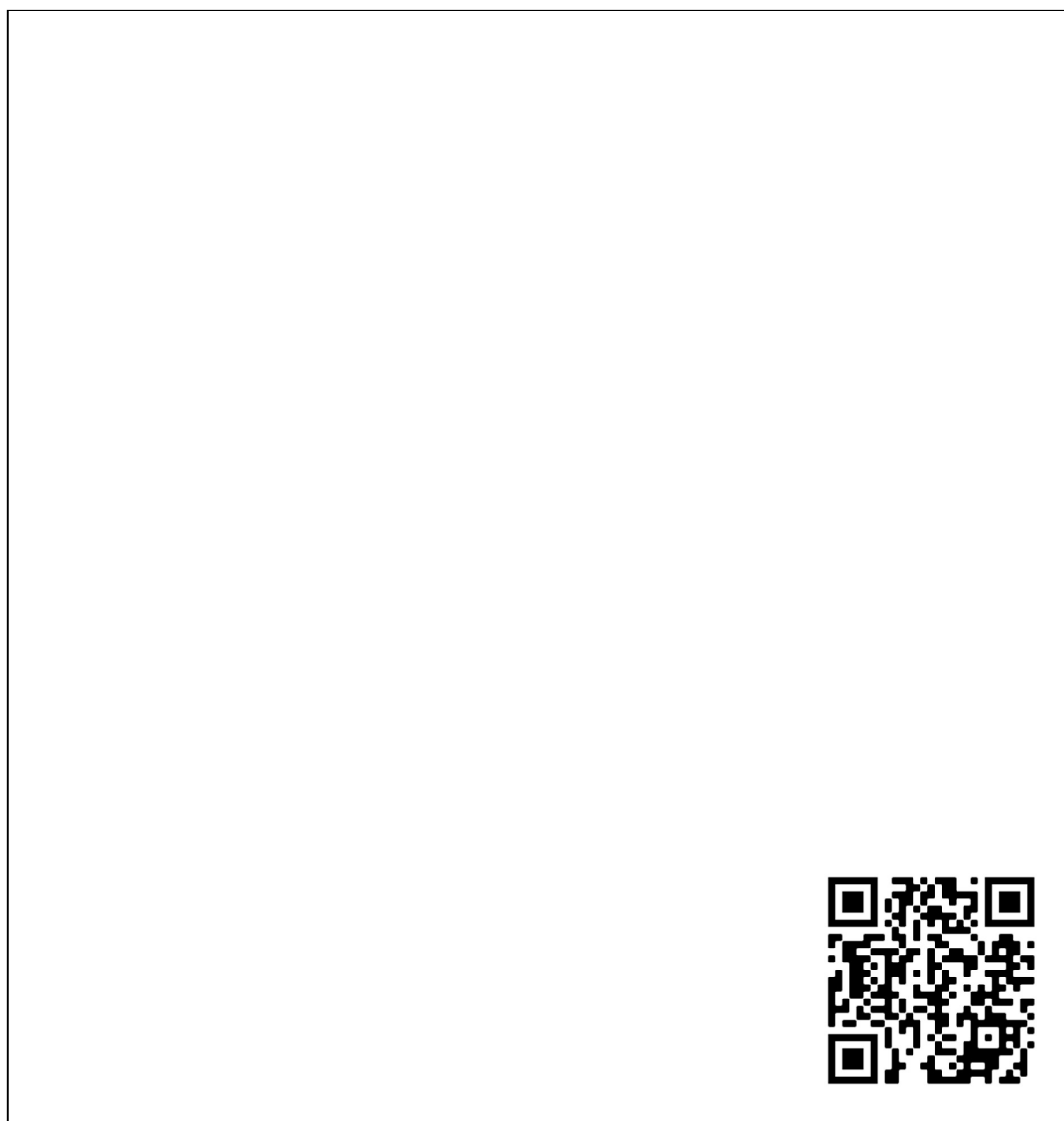
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26 Ushiro Ryotetori	Kotegaeshi	
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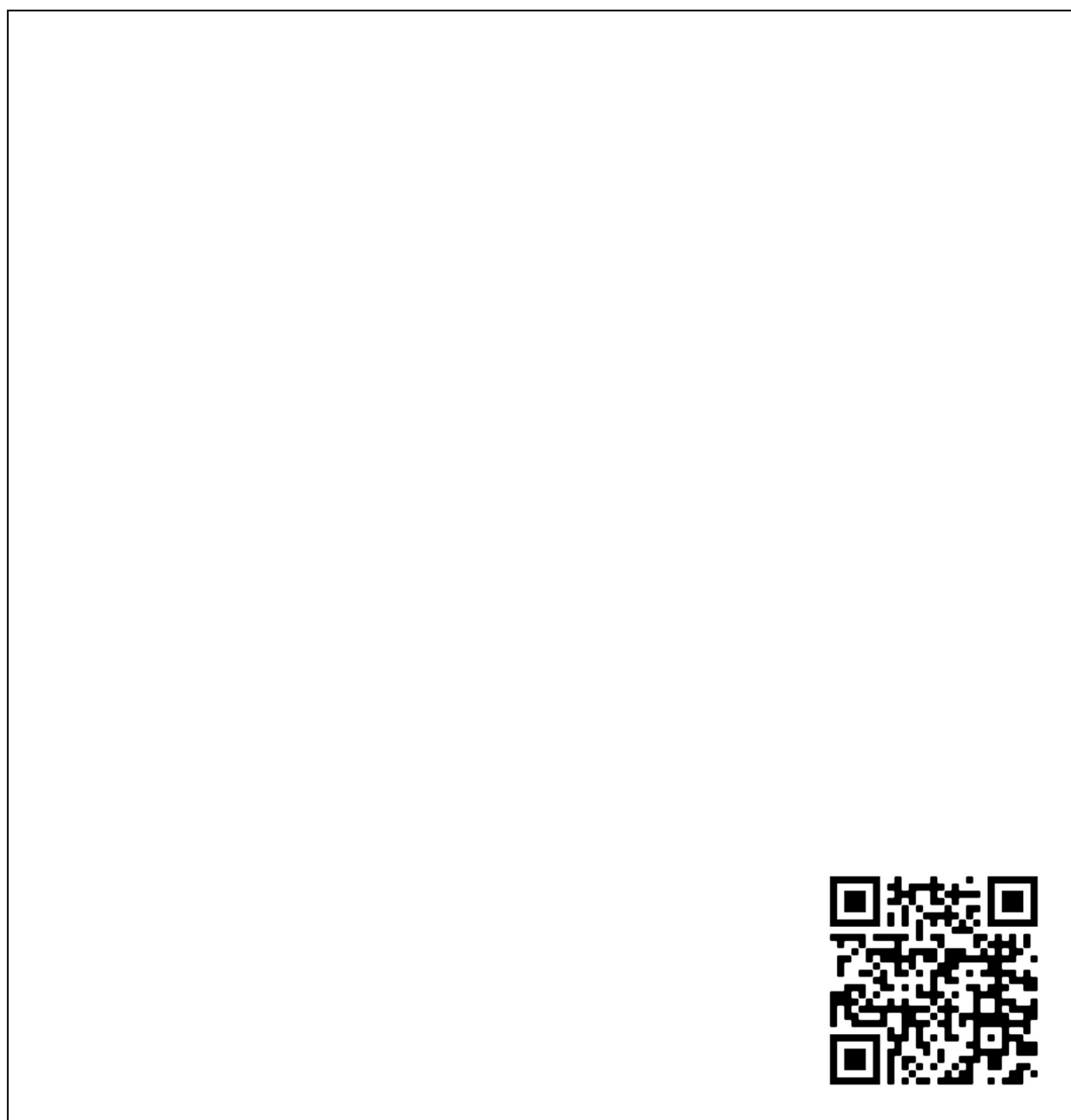
Prüfungsprogramm 4. Kyu

27 Ushiro Ryotetori	Shihonage	
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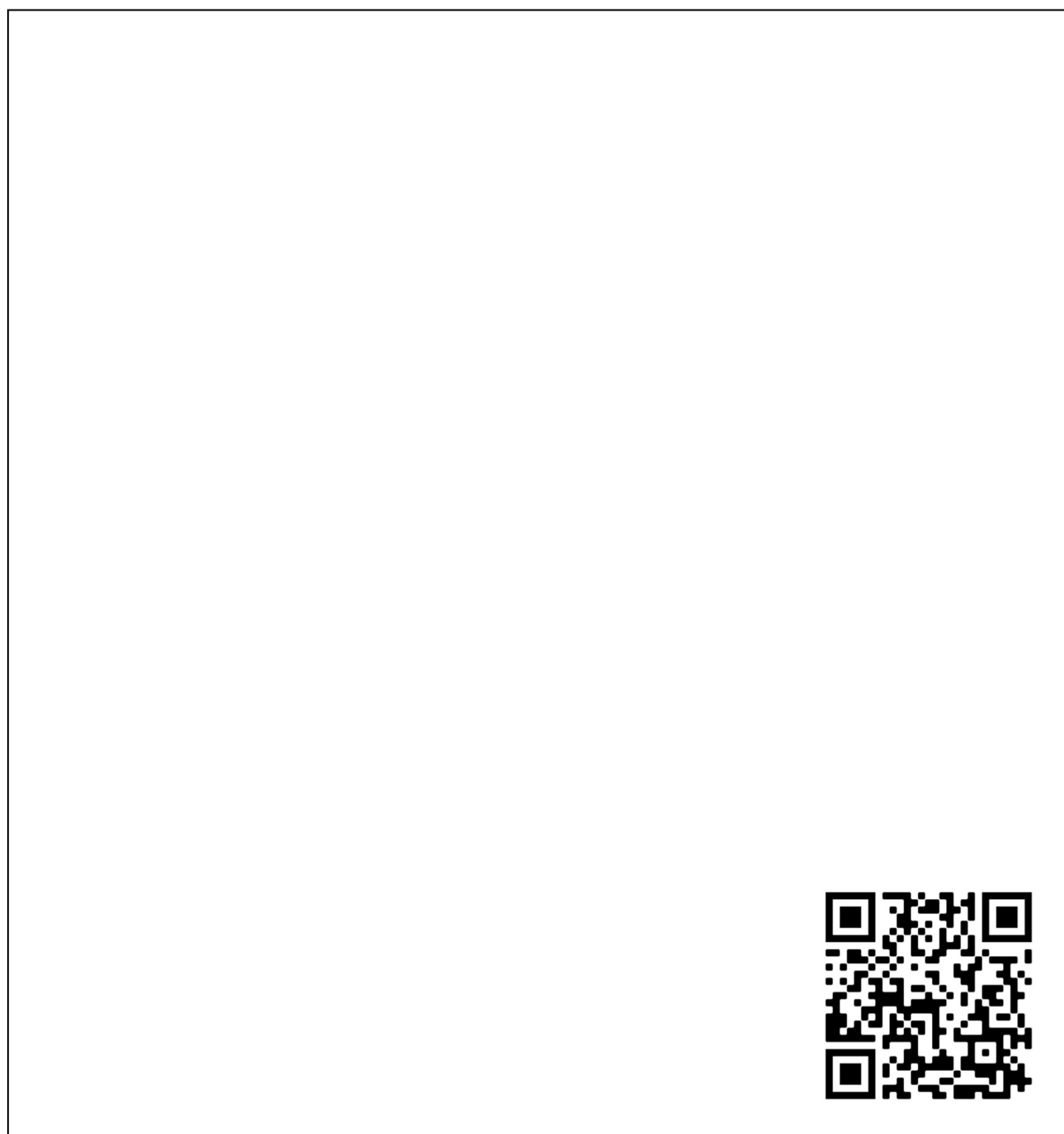
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28 Katatori Menuchi	Kotegaeshi	
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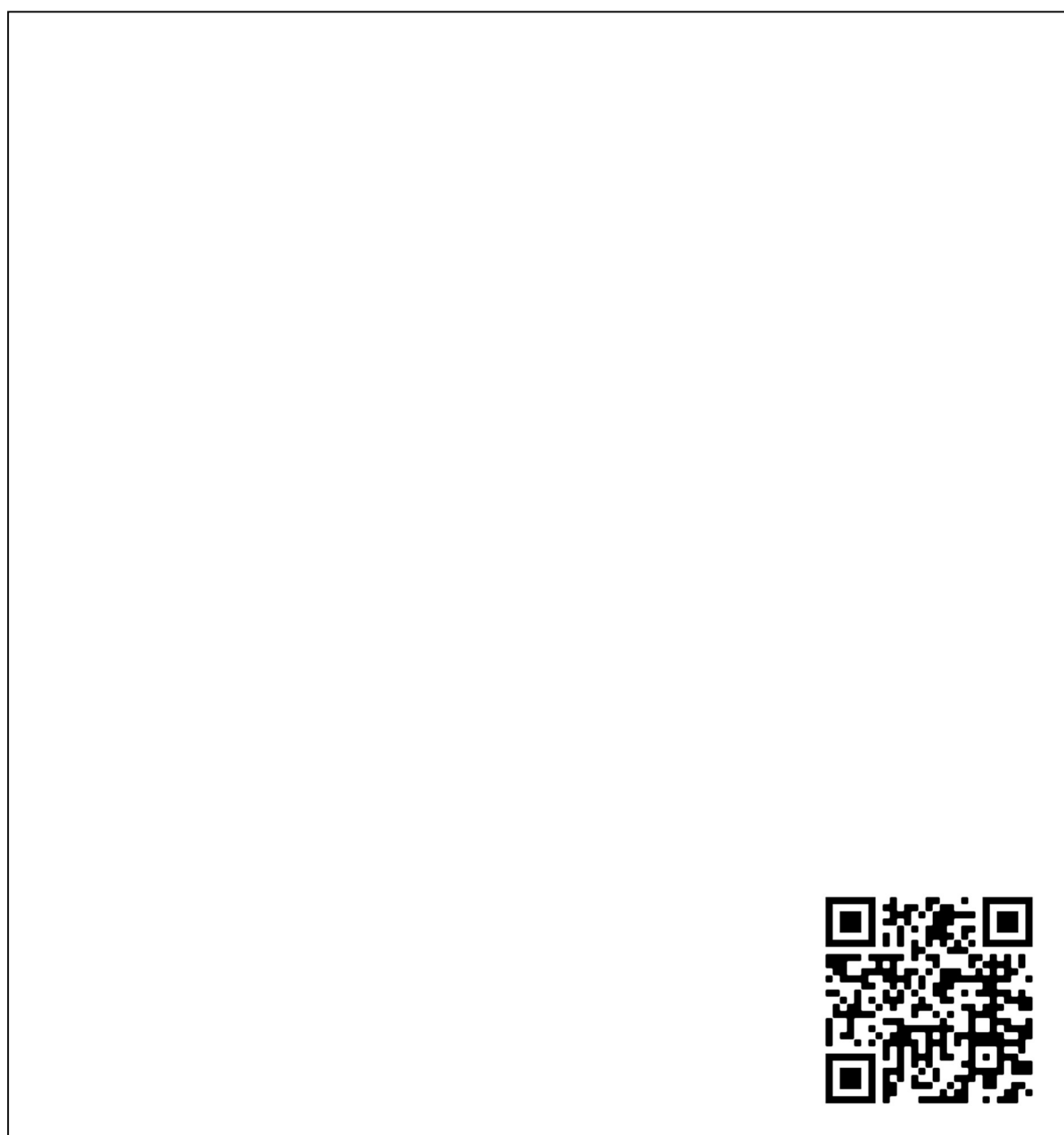
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29 Katatori Menuchi	Shihonage	
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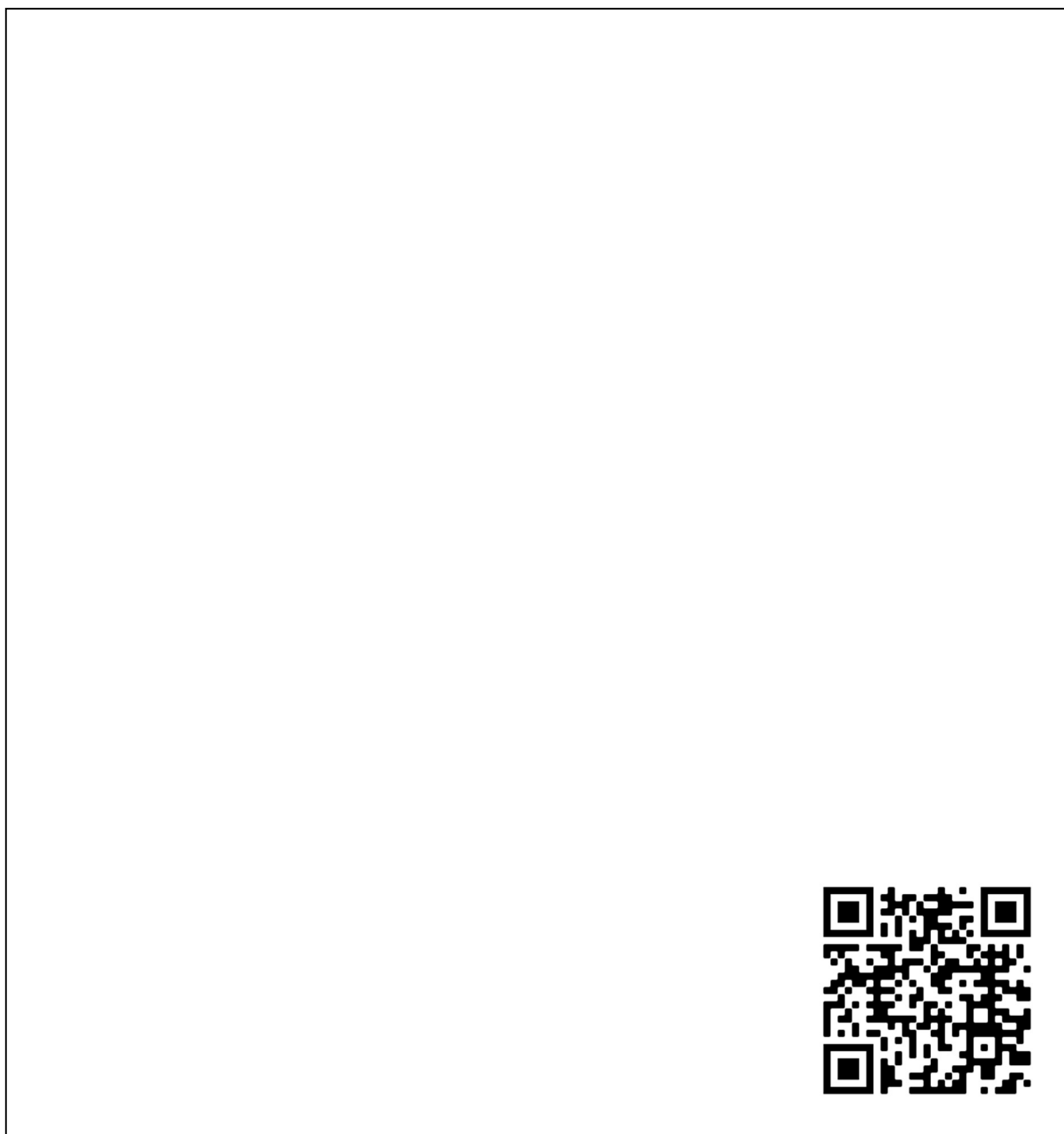
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30 Yokomenuchi	Shihonage	
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31 Yokomenuchi	Iriminage	
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32 Yokomenuchi	Kotegaeshi	
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