

岩間流



Takemusu Aikido

1.Kyu

合気道

150 Trainingstage

SUWARI WAZA

Yokomen uchi -Ikkyo bis Gokyo -Omote &Ura

TACHI WAZA

Shomen uchi -Ikkyo bis Yonkyo -Omote &Ura

Yokomen uchi -Ikkyo bis Yonkyo -Omote &Ura

Kata dori -Ikkyo bis Yonkyo -Omote &Ura

Ushiro ryote dori -Ikkyo bis Yonkyo -Omote &Ura

Shomen uchi -Iriminage 1.normal kihon
2.in Bewegung bringen 3.vorbeilassen (3)Variationen

Shomen uchi -Kote gaeshi

Shomen uchi -Kaite nage

Shomen uchi -Shihonage -Omote &Ura

Tsuki -Iriminage

Tsuki -Kote gaeshi

Tsuki -Kaite nage

Tsuki -Shihonage mit gegenüber Hand -Omote &Ura

Yokomen uchi -Iriminage -Omote &Ura

Yokomen uchi -Kote gaeshi

Yokomen uchi -Kaite nage

Yokomen uchi -Gokyo

Katate dori -Shihonage 4 Richtungen

VARIATIONEN (jeweils 3 verschiedene Techniken)

Ryote dori

Morote dori

Ushiro ryokata dori

Ushiro kubi shime

(Angriff egal) -Kokyu nage

-Koshi nage

HANMI HANDACHI

Katate dori -Shihonage -Kaiten nage -Kokyu nage

Ryote dori -Shihonage (Aufstehen)

Shomen uchi -Iriminage

Shomen uchi -Kote gaeshi

Shomen uchi -Kaite nage

Tsuki -Iriminage

Tsuki -Kote gaeshi

Tsuki -Kaite nage

Ushiro waza -5 Techniken

WAFFEN

5 Tachi dori

5 Jo dori

Kumi tachi 1-5

JIYU WAZA

2 Personen