



Takemusu Aikido

4.Kyu



Jo – Suburi:

Tsuki:

5 Formen

- 1.Choko Tsuki
- 2.Gaeshi Tsuki
- 3.Ushiro Tsuki
- 4.Tsuki gedan gaeshi
- 5.Tsuki jodan gaeshi uchi

Uchikomi:

5 Formen

- 1.Shomen Uchikomi
- 2.Renzuko Uchikomi
- 3.Menuchi Uchikomi
- 4.Menuchi Ushiro Tsuki
- 5.Gyaku Jokomen Ushiro Tsuki

Katate:

3 Formen

- 1.Katate Toma Uchi
- 2.Katate Gedan Gaeshi
- 3.Katate Toma Uchi

Ukemi:

Mae-ukemi, / Ushiro-ukemi / Yoko-ukemi

Tachi Waza:

Angriff

Katate dori
Morote dori
Morote dori

Technik

Tai no henko
Kokyo ho
Kokyo nage

Form

Kihon / Ki no nagare
Kihon
Ki no nagare / awase

Katate dori
Shomen uchi
Shomen uchi
Tsuki
Shomen uchi
Katate dori

Shihonage
Shihonage
kkyo
Kote gaeshi
Irimi nage
Kaiten nage

Kihon / Omote + ura
Omote / Ura
Omote / Ura
Ki no nagare / awase
Ki no nagare / awase
Kihon / Uchi + soto

Jiu Waza:

3 freie Techniken

Suwari Waza:

Ryote dori

Kokyo ho