

Rahmenprüfungsordnung des Aikido Dojo Dortmund für den 5. bis 1. Kyu

tachi waza

nage waza

	irimi nage	sokumen irimi nage	shiho nage (omote/ura)	kote gaeshi	tenchi nage	ude kime nage	uchi kaiten nage (omote/ura)	uchi kaiten sankyo	soto kaiten nage (omote/ura)	kokyu nage	koshi nage	sumi otoshi	aiki otoshi	juji garami
ai hanmi (katate dori)	5		5	5							2			
(gyaku hanmi) katate dori	4	4	4	4	4	4	4		4	4	2	4		
mune dori	1		1	1										
kata dori												1		
kata dori men uchi	3		3	3						2				
shomen uchi	5		2	5	2	2	2		2					
yokomen uchi	3		3	3	1	1	1		1	1	1			
katate ryote dori	2		2	2						2	1			1
ryote dori	2		2	2	2	2								
ryo kata dori (mae)		1								1				
chudan tsuki	1		1	1			1	1	1					
jodan tsuki	1		1	1										
ushiro ryote dori	2		1	1						2				1
ushiro ryo hiji dori										1				
ushiro ryo kata dori	2	2	2							1				
ushiro katate eri dori			1											
ushiro kubi shime katate dori			1											

osae waza

	ikkyo (omote/ura)	nikyo (omote/ura)	sankyo (omote/ura)	yonkyo (omote/ura)	gokyo (omote/ura)	hiji kime osae
	5	4	3	2		
	4	4	3	2		
	2	2	2	2		
	4	4	3	2		
	3	3	3	2		
	5	3	3	2	1	
	1	1	1	1	1	
	2	2	2	2		
	2	2	2	2		
	1	1	1	1		
	1	1	1	1		1
	3	3	3	2		
	1	1	1	1		
	2	2	2	2		
	1					
	1					

suwari waza

ai hanmi (katate dori)	4													
shomen uchi	4													
(gyaku hanmi) katate dori	4													
kata dori														
yokomen uchi	2													

	4	3	3	2	1	
	4	3	3	2	1	
	3	3	3	2	1	
	3	3	3	2		
	2	2	2	2	1	

hanmi han tachi waza

(gyaku hanmi) katate dori			3	2			3		2					
ryote dori			2											
shomen uchi	1			1					2					
ushiro ryo kata dori										1				

	1	1	1	1		
	1	1	1	1		