

VAK-Lü-LEW

Kyu Prüfungsprogramm Aikido VAK Grundtechniken	Ikkyo	Nikkyo	Sankyo	Yonkyo	Gokyo	Ude kimi osae	Ude garami	Irimi nage	Shiho nage	Tenchi nage	Kaiten nage	Kote gaeshi	Ude kimi nage	Aiki otoshi	Sumi otoshi	Juji nage	Kiri otoshi	Koshi nage	Kyu Prüfungsprogramm Aikido VAK Ergänzungen		
Ai hanmi katate tori	wg			gr				wg	ge			or	br					br		Tai sabaki	wg
Katate tori		ge	or	gr	bl	br	br	or	ge	or	or	gr			ge				gr	Tae no henko – kihon waza	wg
Ryote tori		ge	or						or	gr		gr								Tae no henko – ki no nagare	wg
Katate ryote tori			or					gr				gr							br	kokyo ho – ryote tori	wg
Kata tori		ge	or	gr					or	gr	or									ushiro ukemi	wg
Ryokata tori														br						mae ukemi	ge
Ushiro ryote tori		gr	or					gr	gr			gr		br		bl				mae ukemi frei mit Partner	or
Ushiro ryokata tori														br						mae ukemi frei	gr
Ushiro katate tori kubi shime			or																br	kokyo nage – 3 nach Wahl	bl
Shomen uchi	wg				bl		br	wg				or								jo suburi 1-5	gr
Yokomen uchi				gr	bl				ge	or		gr	br		ge			br	bl	jo suburi 1 – 10	bl
Kata tori menuchi					bl			bl			bl					bl				jo suburi 1 – 20	br
Chudan tsuki		ge			bl		br	gr			bl	or								13 – jo kata	br
Mune tsuki						br														Ne waza – Bodentechniken 2x	bl
Hanmi handachi – katate tori									bl		bl									Kaeshi waza nikyo -> sankyo	br
Suwari waza – shomen uchi	br																			KW - kote gaeshi -> irimi nage	br
Suwari waza – ryote tori		br																		KW - kote gaeshi -> kote gaeshi	br