

# Aikido-Technikprogramm des Deutschen Aikido-Bundes

## 5. Kyu bis 1. Dan

(Stand: 01.07.2014)

		A N G R I F F S A R T E N																																	
		1	Katate-tori	2	Ryote-tori	3	Katate-ryote-tori	4	Mune-tori	5	Yoko-kubi-shime	6	Ushiro-ryokata-tori	7	Ushiro-kakae-tori	8	Ushiro-ryote-tori	9	Ushiro-eri-tori	10	Ushiro-katate-tori-kubi-shime	11	Ushiro-kubi-shime	12	Yokomen-uchi	13	Shomen-uchi	14	Shomen-tsuki	15	Yoko-tsuki (soto)				
1	Shiho-nage	5		5		5		5								4								4											
2	Kaiten-nage (uchi)	4														4	4	4	4					4	4	4	4	4	4	4					
3	Irimi-nage	4	4	4	4											3								3	3	3	3	3	3	3					
4	Kaiten-nage (soto)	3																							3	3	3	3	3	3					
5	Aiki-otoshi									2					2																				
6	Koshi-nage								2	2											2	2	2	2	2	2	2	2	2	2	2				
7	Kote-gaeshi	1		1		1										1	1	1	1					1	1	1	1	1	1	1	1				
8	Koshi-nage-hiji-garami															1	1	1	1																
9	Koshi-nage-kote-hineri	1														1	1	1	1																
10	Juji-garami															1					1														
11	Tenchi-nage																							1.D.	1.D.	1.D.	1.D.	1.D.	1.D.	1.D.	1.D.	1.D.			
12	Sumi-otoshi																																		
13	Kokyu-nage																																		
14	Ude-kime-nage																																		
I	Ude-osae (ikkyo)	5	5	5	5	5	5	5	5																										
II	Kote-mawashi (nikyo)	3	3	3	3	3	3	3	3																										
III	Kote-hineri (sankyo)	2	2	2	2	2	2	2	2																										
IV	Tekubi-osae (yonkyo)	1	1	1	1	1	1	1	1																										
V	Ude-nobashi (gokyo)	1																																	
VI	Ude-kime-osae (rokkyo)	1.D.																																	
VII	Ude-garami	1.D.																																	
		Nage-waza															Katame-waza																		