

# 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													2										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	1		
8	Koshi-nage-hiji-garami															1	1	1	1														
9	Koshi-nage-kote-hineri	1														1	1	1	1														
10	Juji-garami															1																	
11	Tenchi-nage																																
12	Sumi-otoshi	1.D.	1.D.																														
13	Kokyu-nage			1.D.	1.D.								1.D.	1.D.																			
14	Ude-kime-nage					1.D.																											
I	Ude-osae (ikkyo)	5	5	5	5																												
II	Kote-mawashi (nikyo)	3	3	3	3								4												4	4	4	4	4	4	4	4	
III	Kote-hineri (sankyo)	2	2	2	2								3												3	3	3	3	3	3	3	3	
IV	Tekubi-osae (yonkyo)	1	1	1	1								2												1	1	1	1	1	1	1	1	
V	Ude-nobashi (gokyo)	1																							1								
VI	Ude-kime-osae (rokkyo)	1.D.																							1.D.								
VII	Ude-garami	1.D.																							1.D.								
		Nage-waza															Katame-waza																