



LUZERN

AIKIDO

Prüfungsprogramm Kinder_Jan 2024

Worauf wir achten:

Dojo Etikette: Verbeugungen, Respektvoll mit Trainingspartner*innen

Techniken benennen, erkennen und ausführen können

6. Kyu Weiss_Kranich

Gurt binden können

Ukemi (Rollen, knieend)

Mae

Ushiro

Taisabaki

Irimi

Kaiten

Tenkan

Irimi Tenkan

Tachiwaza (stehend)

Ki awase Shomenuchi

Ikkyo omote / ura

Suwariwaza (knieend)

Ryote dori

Kokyuho

5. Kyu Gelb 1

Shikko mae

Tachiwaza

Tai no henka mit Partner*in

Katatedori Aihanmi

Ikkyo omote / ura

Ryote dori

Tenchinage

Suwariwaza

Ryote dori

Kokyuho

5.Kyu Gelb 2			
Ukemi Rollen stehend		mae und ushiro	
		Shikko ushiro	
Tachiwaza			
Shomenuchi		Ikkyo omote / ura	
Aihanmi Katate dori		Shi ho nage	
Gyakuhanmi Katate dori		Tenchnage	
Suwariwaza			
Ryote dori		Kokyuho	
4.Kyu Orange 1			
Tachiwaza			
Aihanmi Katate dori		Ikkyo omote /ura	
Aihnami Katate dori		Iriminage	
Shomenuchi		Iriminage	
Gyakuhanmi Katate dori		Tenchnage	
Suwariwaza			
Ryote dori		Kokyuho	
4.Kyu Orange 2			
Tachiwaza			
<i>Katate dori</i>		<i>Ikkyo</i>	
<i>Kata dori</i>		<i>Ikkyo</i>	
<i>Katate dori</i>		<i>Uchi kaiten nage</i>	
3. Kyu Grün 1			
Tachiwaza			
<i>Katate dori</i>		<i>Nikkyo</i>	
<i>Kata dori</i>		<i>Nikkyo</i>	
<i>Aihnami katate dori</i>		<i>Nikkyo</i>	
<i>Katate dori</i>		<i>Iriminage</i>	
<i>Ryotedori</i>		<i>Tenchnage</i>	

Grün 2			
Tachiwaza			
Aihanmi katate dori		Sankyo	
Ushiro ryotedori		Sankyo	
Aihanmi katate dori		Ude kime nage	
Katate dori		Ude kime nage	
Yokomen uchi		Ude kime nage	
Grün 3			
Tachiwaza			
Aihanmi katate dori		Kote gaeshi	
Shomen uchi		Kote gaeshi	
Katate dori		Kote gaeshi	
Yokomen uchi		Shi ho nage	
Katate dori		Sokumen Iriminage	
Suwariwaza			
Aihnam Katatdeori		Ikkyo	
Shomenuchi		Ikkyo	
Aihnam Katatdeori		Iriminage	
Shomenuchi		Iriminage	