

1 Kyu

TEXTA	Namn; _____ Datum; 20 ____ - ____ - ____
	Graderade senast; 20 ____ - ____ - ____ Grad; _____ Kyu
	Började träna; År; _____ Bet; <input type="checkbox"/> _____
	Godkänd; <input type="checkbox"/> Signatur; _____

Ukemi waza

Mae ukemi
Ushiro ukemi
Tobikoshi

Suwari waza

Mae shikko
Ushiro shikko

Ikkyo

katadori
aihanmi katatedori
gyaku hanmi katatedori
katadori men uchi
ushiro ryotedori
shomen uchi
yokomen uchi
ryotedori

Nikyo

katadori
shomen uchi
aihanmi katatedori
gyaku hanmi katatedori
ushiro ryotedori
yokomen uchi
katadori men uchi

Jönköpings Aikidoklubb

Husvärmögatan 40, 55454 Jönköping Klubbtel: 036-14 30 00
 E-post: jonkopingsaikido@budo.se



1 Kyu

	<i>ryotedori</i>
Sankyo	aihanmi katatedori shomen uchi katadori yokomen uchi gyaku hanmi katatedori ushiro ryotedori <i>katadori men uchi</i> <i>ryotedori</i>
Yonkyo	aihanmi katatedori katadori shomen uchi yokomen uchi gyaku hanmi katatedori ushiro ryotedori <i>katadori men uchi</i> <i>ryotedori</i>
Gokyo	shomen uchi <i>ushiro ryotedori</i>
Iriminage	shomen uchi
Kokyu-ho	ryotedori
Hanmi handachi waza	
Kokyunage	aihanmi katatedori <i>ryotedori</i>
Shihonage	gyaku hanmi katatedori yokomen uchi <i>aihanmi katatedori</i>

Jönköpings Aikidoklubb

Huskvärvägen 40, 55454 Jönköping Klubbtel: 036-14 30 00
 E-post: jonkopingsaikido@budo.se



1 Kyu

Sid:3/5

ryotedori

Tachi waza

Tai no tenkan

gyaku hanmi katatedori

Ikkyo

aihanmi katatedori

shomen uchi

katadori

yokomen uchi

ryotedori

ushiro ryotedori

tsuki

sodedori

eridori

kubishime

Nikyo

katadori

shomen uchi

aihanmi katatedori

yokomen uchi

ryotedori

ushiro ryotedori

tsuki

sodedori

eridori

kubishime

Sankyo

aihanmi katatedori

shomen uchi

katadori

yokomen uchi

ryotedori

ushiro ryotedori

tsuki

Jönköpings Aikidoklubb

Huskvarnsvägen 40, 55454 Jönköping Klubbtel: 036-14 30 00
E-post: jonkopingsaikido@budo.se



1 Kyu

Sid:4/5

sodedori
eridori
kubishime

Yonkyo

aihanmi katatedori
katadori
shomen uchi
yokomen uchi
ryotedori
ushiro ryotedori
tsuki
sodedori
eridori
kubishime

Gokyo

ushiro ryotedori
shomen uchi
tsuki

Rokkyo

jodan tsuki

Iriminage

aihanmi katatedori
shomen uchi
tsuki
ushiro ryotedori

Tachi waza (fortsättning)

Tenchinage

ryotedori

Kokyunage

aihanmi katatedori
shomen uchi
morotedori
ryotedori

Jönköpings Aikidoklubb

Huskvarnsvägen 40, 55454 Jönköping Klubbtel: 036-14 30 00
E-post: jonkopingsaikido@budo.se



1 Kyu

Shihonage	gyaku hanmi katatedori yokomen uchi ryotedori munadori <i>aihanmi katatedori</i>
Kotegaeshi	aihanmi katatedori tsuki ushiro ryotedori shomen uchi
Kokyo ho	morotedori
Kaitennage soto/uchi	gyaku hanmi katatedori aihanmi katatedori <i>shomen uchi</i> <i>tsuki</i>
Udekimenage	gyaku hanmi katatedori <i>yokomen uchi</i> <i>tsuki</i>
Jujigarami	ushiro ryotedori
Koshinage	ryotedori <i>ushiro ryotedori</i>
Jiyuwaza	<i>alla anfall från 1:a kyu</i>
Tantodori	
Gokyo	chudan tsuki shomen uchi

Jönköpings Aikidoklubb

Huskvarnsvägen 40, 55454 Jönköping Klubbtel: 036-14 30 00
E-post: jonkopingsaikido@budo.se

