

2 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
gyaku hanmi katatedori
aihanmi katatedori
katadori men uchi
ushiro ryotedori
shomen uchi
yokomen uchi

Nikyo

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

Sankyo

aihanmi katatedori

Jönköpings Aikidoklubb

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



2 Kyu

Sid:2/4

shomen uchi
katadori
yokomen uchi
gyaku hanmi katatedori
ushiro ryotedori

Yonkyo

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

Gokyo

shomen uchi

Iriminage

shomen uchi

Kokyu-ho

ryotedori

Hanmi handachi waza

Kokyunage

aihanmi katatedori

Shihonage

gyaku hanmi katatedori
yokomen uchi

Tachi waza

Tai no tenkan

gyaku hanmi katatedori

Ikkyo

aihanmi katatedori
shomen uchi
katadori
yokomen uchi
ryotedori
ushiro ryotedori

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2 Kyu

Sid:3/4

| | |
|-----------|---|
| | <i>tsuki</i> |
| Nikyo | katadori shomen uchi aihanmi katatedori yokomen uchi <i>ryotedori</i> <i>ushiro ryotedori</i> <i>katadori</i> |
| Sankyo | aihanmi katatedori shomen uchi katadori yokomen uchi <i>ryotedori</i> <i>ushiro ryotedori</i> <i>tsuki</i> |
| Yonkyo | aihanmi katatedori katadori shomen uchi yokomen uchi <i>ryotedori</i> <i>ushiro ryotedori</i> <i>tsuki</i> |
| Gokyo | <i>ushiro ryotedori</i> <i>shomen uchi</i> |
| Iriminage | aihanmi katatedori shomen uchi tsuki <i>ushiro ryotedori</i> |

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2 Kyu

| | |
|------------|---|
| Tenchinage | ryotedori |
| Kokyunage | aihanmi katatedori shomen uchi morotedori <i>ryotedori</i> |
| Shihonage | gyaku hanmi katatedori yokomen uchi ryotedori <i>munadori</i> |
| Kotegaeshi | aihanmi katatedori tsuki ushiro ryotedori shomen uchi |
| Kokyo-ho | morotedori |

Tachi waza (fortsättning)

| | |
|----------------------|--|
| Kaitennage soto/uchi | gyaku hanmi katatedori <i>aihanmi katatedori</i> |
|----------------------|--|

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