

3 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
Nikyo	katadori shomen uchi
Sankyo	aihanmi katatedori shomen uchi
Iriminage	shomen uchi
Kokyu-ho	ryotedori

Hanmi handachi waza

Jönköpings Aikidoklubb

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3 Kyu

Kokyunage	<i>aihanmi katatedori</i>
Shihonage	<i>gyaku hanmi katatedori</i>
Tachi waza	
Tai no tenkan	gyaku hanmi katatedori
Ikkyo	aihanmi katatedori shomen uchi <i>katadori</i> <i>yokomen uchi</i>
Nikyo	katadori shomen uchi <i>aihanmi katatedori</i> <i>yokomen uchi</i>
Sankyo	aihanmi katatedori shomen uchi <i>katadori</i> <i>yokomen uchi</i>
Tachi waza (fortsättning)	
Yonkyo	aihanmi katatedori <i>katadori</i> <i>shomen uchi</i> <i>yokomen uchi</i>
Iriminage	aihanmi katatedori shomen uchi tsuki
Tenchinage	ryotedori

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3 Kyu

Sid:3/3

Kokyunage	aihanmi katatedori shomen uchi <i>morotedori</i>
Shihonage	gyaku hanmi katatedori yokomen uchi <i>ryotedori</i>
Kotegaeshi	aihanmi katatedori tsuki <i>ushiro ryotedori</i> <i>shomen uchi</i>
Kokyo-ho	morotedori
Kaitennage soto/uchi	<i>gyaku hanmi katatedori</i>
Jiyuwaza	<i>aihanmi katatedori</i>
Tantodori Kotegaeshi	<i>chudan tsuki</i>

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