

4 Kyu

Sid:1/2

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

Tachi waza

Jönköpings Aikidoklubb

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



4 Kyu

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

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