

GRADERINGSSYSTEM I AIKIDO

Juniorgrader

16 Kyu - vitt bälte

Ukemi mae, ushiro

Tachi Waza

Tai no tenkan ho		gyaku hanmi katate dori
Tenchi nage		gyaku hanmi katate dori
Ikkyo	omote, ura	ai hanmi katate dori

15 Kyu - gult bälte

Taisabaki irimi tenkan

Suwari waza

Kokyo ho ryote dori

Tachi waza

Irimi nage	ura	ai hanmi katate dori
Kokyo nage		gyaku hanmi katate dori

14 Kyu - orange bälte

Shikko mae, ushiro, kaiten

Suwari waza

Ikkyo omote, ura kata dori

Tachi waza

Kaiten nage	uchi	gyaku hanmi katate dori
Kokyo ho		gyaku hanmi katate dori

13 Kyu - grönt bälte

Ikkyo undo

Suwari waza

Ikkyo omote, ura shomen uchi

Irimi nage ura shomen uchi

Tachi waza

Ikkyo	omote, ura	gyaku hanmi katate dori
Shiho nage	omote, ura	gyaku hanmi katate dori

12 Kyu - blått bälte

Shiogiri

Suwari waza

Ikkyo omote,ura yokomen uchi

Hanmi han dachi waza

Kokyu nage gyaku hanmi katate dori

Tachi waza

Kaiten nage soto gyaku hanmi katate dori

Tenchi nage ryote dori

Kote gaeshi ai hanmi katate dori

11 Kyu - brunt bälte

Happogiri

Suwari waza

Irimi nage ura yokomen uchi

Hanmi han dachi waza

Ikkyo omote,ura gyaku hanmi katate dori

Tachi waza

Shiho nage omote,ura ai hanmi katate dori

Udekimi nage omote, ura ai hanmi katate dori

Ushiro waza

Sankyo omote ushiro ryote dori