

# 合氣道

## 6 Kyu

minimum efter 4 månaders träning, ca 40 timmar

Ukemi  
Shikko

mae, ushiro  
mae

### Suwari waza

ox	<b>Kokyo ho</b>	<b>ryote dore</b>
o	Ikkyo, omote ura	gyaku hanmi katate dori

### Hanmi handachi waza

Kokyo nage	ushiro ryo kata dori
<i>Kokyo nage</i>	<i>gyaku hanmi katate dori</i>

### Tachi waza

ox	<b>Tai no tenkan ho</b>	<b>gyaku hanmi katate dori</b>
ox	<b>Ikkyo, omote ura</b>	<b>ai hanmi katate dori</b>
ox	<b>Tenchi nage</b>	<b>ryote dori</b>
ox	<b>Irimi nage</b>	<b>gyaku hanmi katate dori</b>
	Kokyo nage, uchi	gyaku hanmi katate dori
o	Shiho nage, omote ura	ai hanmi katate dori
o	Kote gaeshi	ai hanmi katate dori
o	<i>Tenchi nage</i>	<i>gyaku hanmi katate dori</i>
o	<i>Nikyo, ura</i>	<i>ai hanmi katate dori</i>
o	<i>Kokyo ho</i>	<i>katate ryote dori</i>

### Ushiro waza

ox	<b>Sankyo</b>	<b>ushiro ryote dori</b>
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- Tekniker markerade i fet stil tränas varje termin
- Tekniker markerade i rak stil tränas på våren
- Tekniker markerade i kursiv stil tränas på våren
- Tekniker markerade med x är obligatoriska enligt Budoförbundets regler
- Tekniker markerade med o finns med i det franska graderingssystemet

# 合氣道

## 5 Kyu

minimum 5 månaders eller 50 timmars träning  
efter 6 kyu gradering

Shikko  
Taisabaki

ushiro, kaiten  
irimi tenkan

### Suwari waza

OX	<b>Ikkyo, omote ura</b>	<b>shomen uchi</b>
OX	<b>Nikyo, omote ura</b>	<b>kata dori</b>
OX	<b>Irimi nage</b>	<b>shomen uchi</b>
	Kote gaeshi	ryote dori

### Hanmi handachi waza

OX	<b>Shiho nage, omote</b>	<b>gyaku hanmi katate dori</b>
	Sankyo, omote	ushiro ryo kata dori
	<i>Ikkyo, omote ura</i>	<i>gyaku hanmi katate dori</i>

### Tachi waza

OX	<b>Ikkyo, omote ura</b>	<b>shomen uchi</b>
OX	<b>Nikyo, omote ura</b>	<b>kata dori</b>
O	<b>Sankyo, uchi kaiten</b>	<b>ai hanmi katate dori</b>
OX	<b>Kaiten nage, uchi</b>	<b>gyaku hanmi katate dori</b>
OX	<b>Shiho nage, omote</b>	<b>yokomen uchi</b>
O	Ikkyo, omote ura	gyaku hanmi katate dori
OX	Irimi nage	shomen uchi
O	Nikyo, omote ura	gyaku hanmi katate dori
OX	<i>Shiho nage</i>	<i>gyaku hanmi katate dori</i>
O	<i>Irimi nage</i>	<i>katate ryote dori</i>
OX	<i>Kote gaeshi</i>	<i>gyaku hanmi katate dori</i>

### Ushiro waza

O	Kote gaeshi	ushiro ryo hiji dori
O	<i>Kokyo nage</i>	<i>ushiro ryote dori</i>

# 合氣道

## 4 Kyu

minimum 5 mån eller 50 timmars träningstid  
efter 5 kyu gradering

### Kenjutsu

01 shomen uchi  
02 kirikaeshi uchi  
03 kesa geri

### Jo Suburi

01 choku tsuki  
02 kaeshi tsuki  
03 ushiro tsuki

04 tsuki gedan gaeshi  
05 tsuki jodan gaeshi

### Suwari waza

x **Ikkyo, omote ura**  
o **Nikyo, omote ura**  
x Sankyo, omote ura  
*Kokyo nage*

**yokomen uchi**  
**shomen uchi**  
kata dori  
*ryo kata dori*

### Hanmi handachi waza

Nikyo, ura  
Kokyo nage, uchi  
o *Kaiten nage, soto*  
*Sankyo, uchi kaiten*

gyaku hanmi katate dori  
ryote dori  
*gyaku hanmi katate dori*  
*shomen uchi*

### Tachi waza

ox **Sankyo, omote ura**  
ox **Kaiten nage, soto**  
o **Koshi nage**  
o **Udekime nage**  
ox Ikkyo, omote ura  
ox Nikyo, omote ura  
o Sankyo, uchi kaiten  
o Irimi nage  
ox Shiho nage, omote ura  
o *Ikkyo, omote ura*  
o *Nikyo, omote ura*  
ox *Irimi nage*  
o *Shiho nage, omote*  
o *Kote gaeshi*

**shomen uchi**  
**gyaky hanmi katate dori**  
**ai hanmi katate dori**  
**katate ryote dori**  
kata dori  
shomen uchi  
chudan tsuki  
yokomen uchi  
ryote dori  
*ryote dori*  
*katate ryote dori*  
*chudan tsuki*  
*muna dori*  
*yokomen uchi*

### Ushiro waza

o Kote gaeshi

ushiro ryote dori

# 合氣道

## 3 Kyu

minimum 5 mån eller 50 timmars träningstid  
efter 4 kyu gradering

<b>Kenjutsu</b>	04 hasso kamae uchi 05 waki gamae uchi
<b>Kata/Kashima</b>	01 i första serien

<b>Jo Suburi</b>	06 shomen uchikomi 07 renzoku uchikomi 10 gyaku yokomen ushiro tsuki	08 men uchi gedan gaeshi 09 men uchi ushiro tsuki
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### Suwari waza

ox	Ikkyo, omote ura Sankyo, omote ura <i>Yonkyo, omote</i>	ryote dori shomen uchi <i>ryo kata dori</i>
ox	<i>Gokyo, ura</i> <b>Kokyo nage</b>	<i>yokomen uchi</i> <b>muna dori</b>

### Hanmi handachi waza

ox	<b>Shiho nage, omote ura</b> Ikkyo, omote ura	<b>ryote dori</b> shomen uchi
o	<i>Irimi nage</i> <i>Kokyo nage</i>	<i>shomen uchi</i> <i>ryo kata dori</i>

### Tachi waza

ox	<b>Ikkyo, omote</b>	<b>yokomen uchi</b>
o	<b>Nikyo, omote ura</b>	<b>kata dori men uchi</b>
	<b>Sankyo, uchi</b>	<b>muna dori</b>
ox	<b>Yonkyo, omote ura</b>	<b>shomen uchi</b>
o	<b>Shiho nage</b>	<b>katate ryote dori</b>
ox	<b>Kote gaeshi</b>	<b>chudan tsuki</b>
o	<b>Sokumen irimi nage</b>	<b>gyaku hanmi katate dori</b>
	Koshi nage	ryote dori
	Kokyo nage	katate ryote dori
	Kokyo ho	ryo kata dori
o	<i>Udekime nage</i>	<i>ai hanmi katate dori</i>
o	<i>Kote gaeshi</i>	<i>katate ryote dori</i>
ox	<i>Kaiten nage, soto</i>	<i>shomen uchi</i>

### Ushiro waza

ox	<b>Ikkyo, omote</b>	<b>ushiro ryote dori</b>
ox	<b>Nikyo, ura</b>	<b>ushiro ryote dori</b>
o	<b>Sankyo</b>	<b>ushiro ryo kata dori</b>
o	<b>Sokumen irimi nage</b>	<b>ushiro ryo kata dori</b>

# 合 氣 道

## 2 Kyu

minimum ca 80 timmar efter 3 kyu gradering

### Jo Suburi

11 hasso gaeshi uchi	16 katate gedan gaeshi
12 hasso gaeshi tsuki	17 toma katate uchi
13 hasso gaeshi ushiro tsuki	18 katate hachi no ji gaeshi
14 hasso gaeshi ushiro uchi	19 hidari nagare gaeshi
15 hasso gaeshi ushiro harai	20 migi nagare gaeshi tsuki

**Kata/Kashima** 02

### Suwari waza

x	Yonkyo, omote ura	shomen uchi
o	Kote gaeshi	shomen uchi
x	Sankyo, omote ura	yokomen uchi
o	Irimi nage	yokomen uchi

### Hanmi handachi waza

Kaiten nage, soto	shomen uchi
Shiho nage, omote	yokomen uchi
Ikkyo, omote ura	ushiro ryo kata dori
<i>Nikyo, ura</i>	<i>shomen uchi</i>
<i>Kote gaeshi</i>	<i>tsuki</i>
<i>Kokyo nage</i>	<i>ushiro kubi shime</i>

### Tachi waza

o	Ikkyo, omote ura	katate ryote dori
o	Juji garami	katate ryote dori
	Koshi nage	katate ryote dori
o	Kote gaeshi	kata dori men uchi
o	Shiho nage, omote	kata dori men uchi
	Koshi nage	kata dori men uchi
ox	Kote gaeshi	shomen uchi
o	Shiho nage	shomen uchi
	Kokyo nage	shomen uchi
o	Irimi nage	ryote dori
	Kokyo ho	ryote dori
o	Ikkyo, omote ura	chudan tsuki
	Kaiten nage, uchi soto	chudan tsuki
ox	Nikyo, omote ura	yokomen uchi
o	Hiji kime osae (rokyo)	jodan tsuki
	Kokyo ho	kata dori
	Kokyo nage	ryo kata dori

### Ushiro waza

o	Irimi nage	ushiro ryote dori
o	Aiki otoshi	ushiro ryo kata dori
	Sankyo, omote	ushiro katate dori kubi shime
o	Ikkyo, omote	ushiro eri dori

# 合氣道

## 1 Kyu

minimum ca 80 - 100 timmar efter 2 kyu gradering

Jo kata	13 kata, 31 kata
Kata Kashima	03, 04, 05

### Suwari waza

x	Yonkyo, omote ura	yokomen uchi
	Kote gaeshi	yokomen uchi
x	Gokyo, ura	shomen uchi
	Juji garami	muna dori men uchi

### Hanmi handachi waza

Nikyo, omote ura	ushiro ryo kata dori
Kote gaeshi	ushiro ryo kata dori

### Tachi waza

	Ikkyo, ura	muna dori
	Nikyo, ura	muna dori
	Kokyo ho	muna dori
ox	Sankyo, omote ura	yokomen uchi
ox	Yonkyo, omote ura	yokomen uchi
ox	Gokyo, ura	yokomen uchi
o	Gokyo, ura	shomen uchi
o	Nikyo, omote ura	jodan tsuki
o	Shiho nage	jodan tsuki
	Ushiro kiri otoshi	chudan tsuki
o	Kote gaeshi	ryote dori
	Kaiten osae	gyaku hanmi katate dori
	Yonkyo, omote ura	katate ryote dori
o	Ikkyo, omote ura	kata dori men uchi
o	Irimi nage	kata dori men uchi
	Kaiten nage	kata dori men uchi
	Udekime nage	kata dori men uchi
	Ikkyo, omote ura	ryo kata dori
	Kokyo nage	kata dori
	Irimi nage	kata dori

### Ushiro waza

o	Shiho nage, omote	ushiro ryote dori
o	Juji garami	ushiro ryote dori
	Kaiten nage	ushiro ryote dori
	Koshi nage	ushiro ryote dori
	Kokyo ho	ushiro ryote dori
o	Nikyo, omote ura	ushiro ryo kata dori
	Kokyo nage	ushiro ryo kata dori
	Yonkyo, omote	ushiro ryo hiji dori
	Ikkyo, omote	ushiro katate dori kubi shime
o	Shiho nage, omote	ushiro katate dori kubi shime
	Koshi nage	ushiro katate dori kubi shime
	Kokyo ho	ushiro katate dori kubi shime
	Irimi nage	ushiro eri dori
o	Shiho nage	ushiro eri dori
o	Kote gaeshi	ushiro eri dori