

# AIKIDOJO POORT EXAMENEISEN

## 4<sup>e</sup> KYU

ALLE EXAMENEISEN 5<sup>e</sup> KYU PLUS:

### TECHNIEKEN (ZOWEL OMOTE ALS URA)

STAND	AANVAL	TECHNIEK	VERKLARING
HANMI-HANTACHI	GYAKU-HANMI	IKKYO	
SUWARI-WAZA	SHOMEN-UCHI YOKOMEN-UCHI TSUKI	IRIMI-NAGE SHIHO-NAGE	
TACHI-WAZA	MOROTE-DORI KATA-DORI SODE-DORI MUNE-DORI		
SUWARI-WAZA	GYAKU-HANMI	KOKYUROKYU-YOSEI-HO KOKYU-NAGE	
TACHI-WAZA	SHOMEN-UCHI		
SUWARI-WAZA	GYAKU-HANMI SHOMEN-UCHI	NIKYO SANKYO	
TACHI-WAZA	YOKOMEN-UCHI MOROTE-DORI TSUKI	KOTE-GAESHI	
SUWARI-WAZA	AI-HANMI GYAKU-HANMI SHOMEN-UCHI	UDEKIME-NAGE UCHI-KAITEN-NAGE TENCHI-NAGE	
TACHI-WAZA	YOKOMEN-UCHI MOROTE-DORI TSUKI		
TACHI-WAZA	AI-HANMI GYAKU-HANMI SHOMEN-UCH YOKOMEN-UCHI	YONKYO SOTO-KAITEN-NAGE SUMI-OTOSHI UCHI-KAITEN-SANKYO	POLSKLEM BUITENKANT RADDRAAIWORP WORP OP DE ELLEBOOG
TACHI-WAZA	SHOMEN-UCH	GOKYO	VERDEDIGING TEGEN MES