



## KYU Prüfungsprogramm

### 6. KYU

25 Lektionen / mindestens 2 Monate

TACHI-WAZA	
<b>Shomenuchi</b> (Ki-awase)	Ikkyo Iriminage
<b>Katate-Dori</b> (Ai-hanmi)	Shihonage
<b>Katate-Dori</b> (Gyaku-hanmi)	Tai no Henko
<b>Ukemi-Waza</b>	Mae-Ukemi Ushiro-Ukemi
<b>Tai-Sabaki</b>	Irimi-Tenkan Kaiten



## KYU Prüfungsprogramm

### 5. KYU

40 Lektionen / mindestens 4 Monate

TACHI-WAZA	
<b>Shomen-Uchi</b> (Ki-awase)	Ikkyo Iriminage
<b>Katate-Dori</b> (Ai-hanmi)	Uchikaiten Sankyo Kotegaeshi
<b>Katate-Dori</b> (Gyaku-hanmi)	Ikkyo Shihonage (omote/ura) Iriminage
SUWARI-WAZA	
<b>Ryote-Dori</b>	Kokyu-Ho
BUKI-WAZA	
<b>Aiki-Ken</b>	Suburi 1 – 3 Ichi no Suburi Ni no Suburi San no Suburi



## KYU Prüfungsprogramm

### 4. KYU

50 Lektionen / mindestens 4 Monate

SUWARI-WAZA	
<b>Kata-Dori</b>	Ikkyo
TACHI-WAZA	
<b>Shomen-Uchi</b> (Ki-awase)	Shihonage Kotegaeshi
<b>Katate-Dori</b> (Gyaku-hanmi)	Nikyo Kotegaeshi Kokyunage
<b>Kata-Dori</b>	Ikkyo
<b>Ryote-Dori</b>	Sankyo Shihonage Tenchinage
BUKI-WAZA	
<b>Aiki-Jo</b>	Suburi 1 - 5 Choku tsuki Kaeshi tsuki Ushiro tsuki Tsuki gedan gaeshi Tsuki jodan gaeshi



## KYU Prüfungsprogramm

### 3. KYU

60 Lektionen / mindestens 6 Monate

SUWARI-WAZA	
<b>Shomen-Uchi</b>	Ikkyo Iriminage
TACHI-WAZA	
<b>Shomen-Uchi</b> (Ki-awase)	Sankyo Sumiotoshi
<b>Katate-Dori</b> (Gyaku-hanmi)	Sankyo Udekimenage
<b>Kata-Dori</b>	Nikyo Shihonage Iriminage
<b>Kata-Dori-Menuchi</b> (Ki-awase)	Ikkyo Shihonage Kotegaeshi
<b>Katate-Ryote-Dori/ Morote-Dori</b>	Kotegaeshi Koshinage Kokyunage
<b>Chudantsuki</b>	Kiriotoshi
<b>Ushiro-Ryote-Dori</b>	Ikkyo Nikyo
BUKI-WAZA	
<b>Aiki-Ken</b>	Suburi 4 + 5 Yon und Go no Suburi
<b>Aiki Jo</b>	Suburi 6 – 10 Shomen uchi komi Renzoku uchi komi Shomen uchi Gedan gaeshi Shomen uchi ushiro tsuki Gyaku yokomen ushiro tsuki



# KYU Prüfungsprogramm

## 2. KYU

90 Lektionen / mindestens 6 Monate

### SUWARI-WAZA

**Shomen-Uchi**  
**Yokomen-Uchi**

Kotegaeshi  
Ikkyo

### TACHI-WAZA

**Shomen-Uchi**  
(Ki-awase)

Nikyo  
Gokyo  
Aikiotoshi

**Yokomen-Uchi**

Ikkyo  
Sankyo  
Shihonage

**Katate-Dori**  
(Gyaku-hanmi)

Yonkyo  
Uchikaitennage  
Sotokaitennage  
Jiyuwaza

**Kata-Dori-Menuchi**

Sankyo  
Yonkyo

**Chudan-Tsuki**

Kotegaeshi  
Hijikimeosae

**Ushiro-Ryote-Dori**

Iriminage  
Kotegaeshi  
Shihonage  
Jujigarami

**Ryohiji-Dori**

Kokyunage

**Katate-Ryote-Dori/  
Morote-Dori**

Ikkyo  
Shihonage

**Ushiro-Katate-Dori-  
Kubishime**

Ikkyo

**Shomen-Uchi**  
(Ki-awase)

Furitsuki-Kokyunage  
Zanto-Kokyunage

### BUKI-WAZA

**Aiki-Jo**

Suburi 11 –13  
Katate gedan geshi  
Katate toma uchi  
Katate hachi noji gaeshi

**Aiki Ken**

Suburi 6 + 7  
Roku no Suburi  
Shichi no Suburi



# KYU Prüfungsprogramm

## 1. KYU

140 Lektionen / mindestens 6 Monate

SUWARI-WAZA	
<b>Shomen-Uchi</b> <b>Yokomen-Uchi</b>	Ikkyo Nikyo Sankyo Yonkyo
HANMI-HANTACHI-WAZA	
<b>Katate-Dori</b> (Gyaku-hanmi) <b>Ryote-Dori</b>	Shihonage  Shihonage
TACHI-WAZA	
<b>Yokomen-Uchi</b>	Ikkyo Gokyo Kotegaeshi Iriminage
<b>Chudan-Tsuki</b>	Ikkyo Uchikaiten Sankyo Udegaramiosae
<b>Morote-Dori</b>	Koshinage
<b>Mune-Dori</b>	Ikkyo
<b>Kata-Dori-Menuchi</b>	Nikyo Iriminage Kokyunage
<b>Ushiro-Ryokata-Dori</b>	Ikkyo Sankyo Koshinage
<b>Ushiro-Ryohiji-Dori</b>	Yonkyo Shihonage Kokyunage
<b>Ryote-Dori</b>	Tenchinage Kokyunage
<b>Shomen-Uchi</b>	Jiyuwaza
BUKI-WAZA	
<b>Aiki-Ken</b>	Ken-Awase 1-2 Hidari und Migi no Awase
<b>Aiki Jo</b>	Suburi 14 –20 Hasso gaeshi uchi, tsuki, ushiro tsuki, ushiro uchi, ushiro barai