



# ROSKILDE AIKIDO KLUB

## GRADUERING TIL 1. DAN

Fra 1. kyu til 1. dan: Minimum 12 måneders træning, derudover skal man kunne vise og redegøre for teknikker lavet til tidligere/foregående gradueringer.

### Tai-jutsu

#### Tai no henko

Kihon og ki no nagare (kort form)

#### Kokyu ho

Morote dori (3 variationer)

Katate dori + ki no nagare

#### Katate dori

Kaiten nage uchi/soto mawari

Shiho nage omote/ura waza

#### Kata dori

Dai Ikkyo omote waza + ki no nagare

Dai Nikyo ura waza + ki no nagare

#### Shomen uchi

Dai Ikkyo – Yonkyo omote/ura waza

Shiho nage omote waza

Kote gaeshi

Irimi nage kihon + ki no nagare

#### Yokomen uchi

Dai Gokyo ura waza

#### Hanmi Handachi

Katate dori Shiho nage omote waza

Ryote dori Shiho nage omote waza

#### Ushiro Ryote dori

Kokyo ho

Dai Ikkyo omote waza

Koshi nage

Juji garami

Kote gaeshi

**Jiyu waza** (basis angreb & teknikker med 1 modstander) suwari-waza/tachi-waza:

#### Osae waza

Dai Ikkyo

Dai Nikyo

Dai Sankyo

Dai Yonkyo

Dai Gokyo

Dai Rokkyo

#### Nage waza

Shiho nage

Irimi nage

Kote gaeshi

Tenchi nage

Kaiten nage

Koshi nage

Juji garami

#### Kokyu nage

Morote dori ki no nagare(3 stk.)

Ryokata dori ki no nagare (3 stk.)

#### Suwari waza

Kokyu ho

#### Buki waza:

##### Bokken:

Suburi:

1 – 7

Migi awaze

Hidari awaze

Go no awaze

Shichi no awaze

##### Jo:

Suburi: 1 – 20