



AIKIDO KLUB LJUBLJANA

TAIJUTSU 体術 **AIKI JŌ** 合気杖 **AIKI KEN** 合気剣

GOKYŪ (5. KYŪ) 五級

Hanmi
Tai Sabaki
Ukemi (Mae / Ushiro / Yoko)
Katate-dori Tai no Henko (Kihon, Ki no Nagare)
Morote-dori Kokyū-hō (Kihon)
Shōmen'uchi Dai-ikkyō (Omote, Ura)
Katate-dori Shihōnage (Omote, Ura)
Shōmen'uchi Iriminage
Suwariwaza Ryōte-dori Kokyū-hō (Chūdan)
Ken Suburi Nanahon (7)
Roku (6) no Jō

**Legenda kako berem pravilno beremo
in izgovarjamo v slovenščini:**

w - v (suwari - suvari)

y - j (kyu - kju)

sh - š (shōmen - šomen)

ch - č (uchi - uči)

j - dž (jo - džo)

ts - c (tsuki - cuki)

ū - uu (kyū - kjuu)

ō - oo (kyō - kjoo)

YONKYŪ (4. KYŪ) 四級

Shōmen'uchi Dai-nikyō (Omote, Ura)
Kata-dori Dai-ikkyō (Omote, Ura)
Kata-dori Dai-nikyō (Omote, Ura)
Yokomen'uchi Shihōnage (Omote)
Sanjūichi (31) no Jō Kata

SANKYŪ (3. KYŪ) 三級

Shōmen'uchi Dai-sankyō (Omote, Ura)
Shōmen'uchi Dai-yonkyō (Omote, Ura)
Kata-dori Dai-sankyō (Omote, Ura)
Kata-dori Dai-yonkyō (Omote, Ura)
Ryōte-dori Shihōnage (Omote, Ura)
Shōmen'uchi Kotegaeshi
Chūdan-Tsuki Kotegaeshi
Katate-dori Kotegaeshi
Ryōte-dori TENCHINAGE
Chūdan-Tsuki Iriminage
Suwariwaza Shōmen'uchi Dai-ikkyō (Omote, Ura)
Suwariwaza Shōmen'uchi Dai-nikyō (Omote, Ura)
Suwariwaza Shōmen'uchi Dai-sankyō (Omote, Ura)
Suwariwaza Shōmen'uchi Dai-yonkyō (Omote, Ura)
Go (5) no Awase
Shichi (7) no Awase





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NIKYŪ (2. KYŪ) 二級

Yokomen'uchi Dai-ikkyō (Omote, Ura)
Yokomen'uchi Dai-nikyō (Omote, Ura)
Yokomen'uchi Dai-sankyō (Omote, Ura)
Yokomen'uchi Dai-yonkyō (Omote, Ura)
Yokomen'uchi Dai-gokyō (Ura)
Katate-dori Iriminage (Jodan / Chūdan / Gedan)
Yokomen'uchi Iriminage
Katate-dori Kaiten'nage (Soto-mawari, Uchi-mawari)
Shōmen'uchi Shihōnage (Omote)
Katate-dori Dai-ikkyō (Omote, Ura)
Katate-dori Dai-nikyō (Omote, Ura)
Katate-dori Dai-sankyō (Omote, Ura)
Katate-dori Dai-yonkyō (Omote, Ura)
Ryōte-dori Dai-ikkyō (Omote, Ura)
Ryōte-dori Dai-nikyō (Omote, Ura)
Ryōte-dori Dai-sankyō (Omote, Ura)
Ryōte-dori Dai-yonkyō (Omote, Ura)
Ushiro Ryōte-dori Dai-ikkyō (Omote, Ura)
Ushiro Ryōte-dori Dai-nikyō (Omote, Ura)
Hanmi Handachi Waza Katate-dori Shihōnage (Omote)
Jūsan (13) no Jō Kata

IKKYŪ (1. KYŪ) 一級

Shōmen'uchi Kaiten'nage (Soto-mawari, Uchi-mawari)
Chūdan-Tsuki Kaiten'nage (Soto-mawari)
Kosa-dori Kotegaeshi
Ryōte-dori Kotegaeshi
Katate-dori Kokyūnage (Jodan/Chūdan/Gedan)
Ushiro Ryōte-dori Dai-sankyō (Omote , Ura)
Ushiro Ryōte-dori Dai-yonkyō (Omote , Ura)
Suwariwaza Kata-dori Dai-ikkyō (Omote , Ura)
Suwariwaza Kata-dori Dai-nikyō (Omote , Ura)
Suwariwaza Kata-dori Dai-sankyō (Omote , Ura)
Suwariwaza Kata-dori Dai-yonkyō (Omote , Ura)
Suwariwaza Yokomen'uchi Dai-ikkyō (Omote , Ura)
Suwariwaza Yokomen'uchi Dai-nikyō (Omote , Ura)
Suwariwaza Yokomen'uchi Dai-sankyō (Omote , Ura)
Suwariwaza Yokomen'uchi Dai-yonkyō (Omote , Ura)
Suwariwaza Yokomen'uchi Dai-gokyō (Ura)
Hanmi Handachi Waza Katate-dori Kaiten'nage (Soto-mawari)
Jō Suburi Nijūppon (20)





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SHODAN (1. DAN) 初段

Kata-dori Shihōnage (Omote Waza)
Kata-dori Kotegaeshi
Kata-dori Iriminage (2 formi)
Ryōte-dori Koshinage (3 forme)
Katate-dori Koshinage (2 formi)
Shōmen'uchi Koshinage
Yokomen'uchi Koshinage
Ryōte-dori Kokyūnage (2 formi – Soto-mawari, Uchi-mawari)
Morote-dori Kokyūnage (2 formi)
Tsuki Dai-rokkyō
Ushiro Ryōte-dori Kotegaeshi (2 formi)
Ushiro Ryōte-dori Koshinage
Ushiro Ryōte-dori Kokyūnage (2 formi)
Ushiro Ryo Kata-dori Kokyūnage
Hanmi Handachi Waza Shōmen'uchi Iriminage
Hanmi Handachi Waza Shōmen'uchi Kotegaeshi
Hanmi Handachi Waza Shōmen'uchi Kaiten'nage (Soto-mawari)
Suwariwaza Ryōte-dori Kokyū-hō (Jodan / Gedan)

Jō-dori: Choku-Tsuki Kokyūnage (1 forma Gyaku Hanmi)
Jō-dori: Choku-Tsuki Kokyūnage (2 formi Ai Hanmi)
Tachi-dori: Shōmen'uchi Kotegaeshi (Gyaku Hanmi)
Tachi-dori: Shōmen'uchi Kokyūnage (Ai Hanmi)
Tanken-dori: Yokomen'uchi Dai-gokyō (Ura Waza)
Tanken-dori: Chūdan-Tsuki Kotegaeshi

Jō Suburi Nijūppon (20)
Ken Suburi Nanahon (7)
Ken no Awase

Kandidat mora poznati tehnično izrazoslovje in zgodovino Aikida.

