



AIKIDO KLUB LJUBLJANA

Aikido Klub Ljubljana

リュブリャナの合気道クラブ

5. kyū — Shodan

五級から 初段 まで

Taijutsu 体術 Aiki Jō 合気杖 Aiki Ken 合気剣

<http://www.aikido-ljubljana.si>

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

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)

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

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)

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

SHODAN (1. DAN) 初段

Hanmi Handachi Waza Shōmen'uchi Iriminage

Hanmi Handachi Waza Shōmen'uchi Kotegaeshi

Hanmi Handachi Waza Shōmen'uchi Kaiten'nage (Sotomawari)

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.