



AIKIDO SAVEZ SRBIJE

Program za Kyu stepene

Rokkyu No Shiken – 6.Kyu

Tachi Waza

Aihanmi katatedori iriminage (omote/ura)
Aihanmi katatedori kotegaeshi
Aihanmi katatedori ikkyo (omote/ura)
Aihanmi katatedori shihonage (omote/ura)
Aihanmi katatedori uchikaitennage
Aihanmi katatedori sankyo
Shomenuchi iriminage
Ukemi waza
Shikko
Tai sabaki
Dojo pravila

Yonkyu No Shiken – 4.Kyu

Tachi Waza

Shomenuchi sankyo (omote/ura)
Shomenuchi uchikaiten sankyo
Yokomenuchi shihonage (omote/ura)
Yokomenuchi iriminage (omote/ura)
Yokomenuchi tenchinage
Yokomenuchi kotegaeshi
Yokomenuchi udekimenage
Chudantsuki udekimenage
Chudantsuki hijikimeosae
Jodantsuki ikkyo (omote/ura)
Ryotedori shihonage (omote/ura)
Ryotedori tenchinage
Ryotedori udekimenage
Ryotedori ikkyo (omote/ura)
Katatedori nikyo (omote/ura)
Katateryotedori kotegaeshi

Suwari Waza

Shomenuchi nikyo (omote/ura)
Katadori nikyo (omote/ura)
Ryotedori Kokyuhoh

Gokyu No Shiken – 5.Kyu

Tachi Waza

Shomenuchi ikkyo (omote/ura)
Shomenuchi nikyo (omote/ura)
Shomenuchi kotegaeshi
Chudantsuki iriminage (omote/ura)
Chudantsuki kotegaeshi (omote/ura)
Katatedori shihonage (omote/ura)
Katatedori tenchinage
Katatedori ikkyo (omote/ura)
Katatedori udekimenage (omote/ura)
Katatedori kokyunage

Suwari Waza

Shomenuchi ikkyo (omote/ura)
Katadori ikkyo (omote/ura)

Sankyu No Shiken – 3.Kyu

Tachi Waza

Shomenuchi yonkyo (omote/ura)
Shomenuchi gokyo
Yokomenuchi ikkyo (omote/ura)
Yokomenuchi uchikaiten sankyo
Chudantsuki sotokaitennage
Chudantsuki uchikaiten sankyo
Jodantsuki shihonage
Jodantsuki kotegaeshi
Katatedori uchikaitennage
Katatedori sankyo (omote/ura)
Katatedori yonkyo (omote/ura)
Katateryotedori ikkyo (omote/ura)
Katateryotedori nikyo (omote/ura)
Ryotedori iriminage
Ryotedori kotegaeshi
Ryotedori kokyunage

Ushiro Waza

Ryotedori ikkyo
Ryotedori hijikimeosae
Ryotedori kotegaeshi
Ryotedori shihonage
Ryotedori iriminage

Suwari Waza

Shomenuchi iriminage
Shomenuchi kotegaeshi
Shomenuchi sankyo
Katadori sankyo

Nikyu No Shiken – 2.Kyu

Tachi Waza

Yokomenuchi nikyo (omote/ura)
Yokomenuchi sankyo
Yokomenuchi yonkyo
Yokomenuchi gokyo
Yokomenuchi koshinage
Munadori ikkyo
Munadori shihonage
Munadori uchikaiten sankyo
Katadori menuchi shihonage
Katadori menuchi kotegaeshi
Katadori menuchi iriminage
Katadori menuchi koshinage
Katadori menuchi ikkyo
Jodantsuki nikyo
Jodantsuki sankyo
Maegeri iriminage

Ushiro Waza

Eridori ikkyo
Ryokatadori ikkyo
Ryokatadori nikyo
Ryokatadori sankyo
Ryokatadori iriminage
Ryokatadori kotegaeshi
Ryohijidori kotegaeshi
Ryohijidori iriminage
Katatedori kubishime ikkyo

Suwari Waza

Shomenuchi yonkyo
Shomenuchi sotokaitennage
Ryokatadori ikkyo
Chudantsuki kotegaeshi
Jodantsuki ikkyo

Bokken - Jo

Tachi suburi
Tachi tai tachi
Jo suburi
Jo dori

Ikkyu No Shiken – 1.Kyu

Tachi Waza

Munadori menuchi ikkyo
Munadori menuchi nikyo
Munadori menuchi koshinage
Munadori menuchi sankyo
Jodantsuki yonkyo
Jodantsuki koshinage
Jodantsuki iriminage
Jodantsuki shihonage
Jodantsuki sotokaitennage
Jodantsuki ushirokiriotoshi

Ushiro Waza

Ryotedori yonkyo
Ryotedori kokyunage
Ryotedori koshinage
Katatedori kubishime nikyo
Katatedori kubishime sankyo
Eridori nikyo
Eridori sankyo
Eridori iriminage

Hanmihandachi Waza

Katatedori shihonage (omote/ura)
Katatedori uchikaitennage
Katatedori ikkyo
Ryotedori shihonage

Suwari Waza

Ryokatadori sankyo
Ryokatadori yonkyo
Katadori menuchi iriminage
Katadori menuchi kotegaeshi
Katadori menuchi kokyunage

Taninzu-gake

Sanningake

Bokken - Jo - Tanto

Bokken suburi
Tachi tai tachi
Tachi dori
Jo suburi
Jo dori
Jo tai jo
Sanningake (bokken-jo-tanto)

U Beogradu, 01.01.2000.g.

Sensei Mirko Jovandić

