



Examen Shokyu - 1e Kyu 300 lesdagen			
SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Yonkyo Omote/Ura	
		Gyakuyonkyo Omote/Ura	
	3	Udegarami	tot Osae
TACHIWAZA			
Shomenuchi	4	Iriminage	1. Tori: Ushiroashi Irimi Tenkan Sabaki, Stellung altijd rechts of altijd links 2. Uke: Aanval rechts of links
	5	Kotegaeshi	1. Sankakutai Sabaki 2. Ura Sankakutai Sabaki (Hitoemi Sabaki)
	6	Aikiotoshi	Maeotoshi, Ushirootoshi
	7	Sankyogoshi	van Ikkyo-Kuzushi
	8	Shihonage	1. Basis 2. Variatie
	9	Iriminage	Taninzutori
Katatetori Aihanmi	10	Ikkyo Omote	Nikyo- en Sankyo-Kuzushi
	11	Aikigoshi en Kaitennage	Irimi Tenkan Sabaki
Katatetori Gyakuhanmi	12	Aikigoshi en Kaitennage	Tenkan Sabaki
Ryotetori	13	Shihonage	Verschillende
	14	Tenchinage	
	15	Genkeikokyunage	
Katate Ryotetori	16	Jyujigarami	
	17	Jyujigarami --- Kotegaeshi	Renrakuhenka-Waza
		Jyujigarami --- Iriminage	
	18	Kokyunage	Verschillende met Ushiroashi Irimi Tenkan Sabaki
Ushiro Ryotetori	19	Sankyo	
	20	Yonkyo	
	21	Jyujigarami	
Katatori Menuchi	22	Ikkyo	Tenkan Tenshin 2 formen, rechts - links
	23	Iriminage	
	24	Tenchinage	
Chudantsuki	25	Soto Kaitennage	(Udegarami-Nikyo Ura-Osae)
	26	Udegarami Sankyonage	(Theorie Sankyo)
	27	Udegarami Yonkyonage	(Theorie Yonkyo)
Yokomen Uchi	28	Shihonage	Ushiroashi Irimi Tenkan Kirioroshi Sabaki
	29	Iriminage	
	30	Jiyuwaza	
Chudantsuki	31	Ikkyo tot Yonkyo	1. Ushiroashi Irimi Tenkan Tenshin: Omote 2. Maeashi Irimi: Ura
Katatetori Aihanmi	32	Ikkyo tot Yonkyo	Maeashi Irimi: Omote

Bron: Ikeda Sensei Aikido en Judoschule Lenzburg