



Examen Nikyu - 2e Kyu		200 lesdagen	
SUWARIWAZA			
Shomenuchi Kiawase	1	Ikkyo Omote/Ura	
	2	Sankyo Omote/ura	
	3	Kotegaeshi	tot Osae
TACHIWAZA			
Shomenuchi Kiawase (Uke: Maeashi Irimi Shomenuchi)	4	Iriminage	Basis & variatie (Theorie Kotegaeshi)
	5	Kotegaeshi	Basis & variatie (Theorie Iriminage)
	6	Sumiotoshi	Basis & variatie
	7	Ikkyogoshi	van Ikkyo Kuzushi
	8	Shihonage	van Osae
	9	Ikkyo Ura	Taninzutori
Katatetori Aihanmi	10	Iriminage	Tenkan Sabaki Renraku-van Ikkyo Kuzushi henkaWaza
	11	Kotegaeshi	
	12	Nikyo Ura - Kotegaeshi	
	13	Sankyo	
Katatetori Gyakuhanmi	14	Sankyo	
Ryotetori	15	Kotegaeshi	Ushiroashi Irimi Tenkan & Maeashi Irimi Tenkan
	16	Iriminage	
Katate Ryotetori	17	Kaitenotoshi	
	18	Kotegaeshi	Tanren Basis en Variation
	19	Iriminage	
Ushiro Ryotetori	20	Ikkyo	
	21	Nikyo	
	22	Shihonage	Karami Osae
Katatori Menuchi	23	Kotegaeshi	2 vormen, links & rechts
	24	Shihonage	
	25	Genkeikokyunage	
Chudantsuki	26	Hijikime Osae Omote/Ura	
	27	Iriminage	
Yokomenuchi	28	Udekimenage	Ushiroashi Irimi Tenkan Makiotoshi
	29	Kotegaeshi	
	30	Jiyuwaza	
Shomenuchi Kiawase	31	Ikkyo tot Yonkyo	1. Maeashi Irimi: Omote 2. Ushiroashi Irimi: Ura
Chudantsuki	32	Ikkyo tot Yonkyo	Ushiroashi Irimi Tenkan Tenshin: alleen Omote

Bron: Ikeda Sensei Aikido en Judoschule Lenzburg