



## Aikido – Almere



<b>Examen Rokkyu - 6e Kyu</b> 40 lesdagen			
<b>TACHIWAZA</b>			
Shomenuchi Kiawase	1	Iriminage	
	2	Kotegaeshi	
Katatetori Aihanmi	3	Ikkyo Omote	
	4	Ikkyo Ura	
Katatetori Gyakuhanmi	5	Shihonage Omote	
	6	Shihonage Ura	
Ryotetori	7	Tenchinage	
	8	Genkeikokyunage	

Bron: Ikeda Sensei Aikido en Judoschule Lenzburg