

AIKIDO Prüfungstechniken bis zum 1. Kyu	Katate-tori	Ryote-tori	Katate-Ryote-tori	Mune-tori	Yoko-kubi-shime	Ushiro-ryokata-tori	Ushiro-kakae-tori	Ushiro-ryote-tori	Ushiro-eri-tori	Ushiro-katate-tori-kubi-shime	Ushiro-kubi-shime	Yokomen-uchi	Shomen-uchi	Shomen-tsuki	
Shiho-nage	5	5	5	5				4				4			
Kaiten-nage-uchi	4											4	4	4	
Irimi-nage	4	4	3					3				3	3	3	
Kaiten-nage-soto	3												3	3	
Aiki-otoshi					2	2	2				2				
Koshi-nage		2		2	2	2	2		2	2	2	2	2	2	
Kote-gaeshi	1	1	1					1	1			1	1	1	
Koshi-nage-hiji-garami								1							
Koshi-nage-kote-hineri								1							
Juji-garami								1		1					
Ude-osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4	
Kote-mawashi (nikyo)	3	3	3	3		3		3	3	3		3	3	3	
Kote-hineri (sankyo)	2	2	2	2		2		2	2	2		2	2	2	
Tekubi-osae (yonkyo)	1	1	1	1		1		1	1	1		1	1	1	
Ude-nobashi (gokyo)												1			
Randori	2	2	2									1	1	1	

Nage - waza

Katame -