

EXAMENEISEN

Aikikai-Lijn Christian Tissier Shihan

6e Kyu

Mae ukemi
Ushiro ukemi

Ai hanmi katate dori

Tachi waza

Ikkyo, Shihonage, iriminage

5e Kyu

Shikko
Taisabaki (irimi-tenkan)

Gyaku hanmi katate dori
shomenuchi

Tachi waza

Shihonage,tenchinage
Ikkyo,iriminage

Suware waza

Kokyu ho

ryote dori

4e Kyu

Ai hanmi katate dori
Gyaku hanmi katate dori

Kata dori
Shomenuchi
Yokomenuchi
Ryote dori
Ushiro ryote dori

Tachi waza

Nikyo,sankyo,kotegaeshi,udekimenage
Ikkyo,nikyo,kotegaeshi,udekimenage,
Uchikaitenage,kokyunage,sokumen iriminage
Ikkyo,nikyo
Kotegaeshi
Shihonage,udekimenage
Tenchinage
Sankyo

Suware waza

Ai hanmi katate dori
Shomenuchi

Ikkyo,iriminage
Ikkyo,iriminage

EXAMENEISEN

Aikikai-Lijn Christian Tissier Shihan

3e Kyu

Tachi waza

Gyaku hanmi katate dori
shomenuchi
Yokomenuchi
ryote dori
Ushiro ryote dori
Kata dori menuchi
Katate ryote dori
(morote dori)

Sotokaitenage, kokyu ho
Nikyo, sankyo, yonkyo
Ikkyo, nikyo, sankyo, yonkyo, kotegaeshi, iriminage
Ikkyo, shihonage
Ikkyo, nikyo, kotegaeshi, shihonage, iriminage, udekimenage
ikkyo
ikkyo, nikyo, kotegaeshi, udekimenage

suwari waza

Gyaku hanmi katate dori
Kata dori
shomenuchi

ikkyo, nikyo
ikkyo, nikyo
ikkyo, sankyo, kotegaeshi

Hanmi handachi waza

Gyaku hanmi katate dori
shomenuchi

Shihonage, iriminage
uchikaitenage

2e Kyu

Tachi waza

Ai hanmi katate dori
Gyaku hanmi katate dori
Shomenuchi
Yokomenuchi
Ryote dori
Ushiro ryote dori
Ushiro ryo kata dori
Kata dori menuchi
Katate ryote dori
Chudantsuki
jodantsuki

koshinage
sumi otoshi
shihonage, sotokaitenage, uchikaitenage
gokyo
Kotegaeshi, iriminage
Juji garami
Ikkyo, nikyo, aiki otoshi, sokomen iriminage
Nikyo, Sankyo, kotegaeshi, shihonage, iriminage
Iriminage
iriminage
hiji kime osae

Suwari waza

Gyaku hanmi katate dori
Yokomenuchi

kotegaeshi, iriminage
gokyo, iriminage

Hanmi handachi waza

Gyaku hanmi katate dori
Ryote dori

sotokaitenage
shihonage

1e Kyu

Tachi waza

Shomenuchi
Ushiro eri dori
Ushiro katate dori kubishime
Katate ryote dori
Chudantsuki
Jodantsuki
Muna dori

gokyo
ikkyo, kotegaeshi, shihonage
shihonage
juji garami
nikyo, sankyo, koegaeshi
ikkyo, nikyo, sankyo, shihonage
shihonage