

1 кю (коричневый пояс)

Tachi waza

- Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo
- Irimi nage
- Kotegaeshi
- Kaiten nage (uchi,soto)
- Kiri otoshi
- Udekime nage
- Shiho nage
- Koshi nage

- Yokomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo
- Shiho nage
- Kotegaeshi
- Udekime nage
- Koshi nage
- Irimi nage
- Tenchi nage
- Kokyu nage
- Jiyu waza

- Katate dori
- Shiho nage (omote,ura)
- Irimi nage
- Kote gaeshi
- Kaiten nage (uchi, soto)
- Kokyu ho

- Kata dori men uchi
- Ikkyo (omote,ura)
- Nikyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Shiho nage
- Irimi nage
- Kotegaeshi
- Udekime nage

- Ryote dori
- Tenchi nage
- Shiho nage
- Koshi nage
- Juji garami
- Kokyo ho

- Morote dori
- Jiyu waza

- Ushiro ryote dori
- Ikkyo (omote,ura)
- Nikyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Koshi nage
- Juji garami

Hanmi handachi waza

- Katate dori
- Ikkio (omote,ura)
- Nikkyo
- Shiho nage (omote,ura)
- Kote gaeshi
- Soto kaiten nage (omote,ura)
- Irimi nage

- Ryote dori
- Kote gaeshi

- Katate ryote dori (morote dori)
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Jiyu waza

- Ushiro rio kata dori
- Kokyu nage
- Sankyo (omote,ura)

- Ushiro waza
- 5 техник

- Chudan tsuki
- Irimi nage
- Kotegaeshi
- Kaiten nage (uchi, soto)
- Hijikime osae

- Jodan tsuki
- Shiho nage
- Udekime nage
- Irimi tsuki
- Ude garami nage

Suwari waza

- Shomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo

- Kata dori
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo

- Yokomen uchi
- Ikkio (omote,ura)
- Nikkyo (omote,ura)
- Sankyo (omote,ura)
- Yonkyo (omote,ura)
- Gokyo

- Katate dori
- Shiho nage
- Irimi nage
- Kotegaeshi
- Kaiten nage(uchi, soto)
- Kokyu ho
- Gokyo

RYŪ

Ryote dori
- Tenchi nage
- Shiho nage
- Koshi nage
- Juji garami
- Kokyu ho
- Hijikime osae
- Udekime nage

Tanto dori

JIN

Chudan tsuki
- Jiyu waza

Jodan tsuki
- Jiyu waza

Shomen uchi
- Jiyu waza

Yokomen uchi
- Jiyu waza

Shieshi uchi
- Sankyo

Freestyle
- От 3 атак

Теоретический экзамен:

1. Диплом (философские аспекты Айкидо).



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神

RYUJIN