



 合氣道 **Aikido 1 kyu** 壹級 

Suwari Waza	Ryo Kata Dori	Ikkyo/Yonkyo Ude/Kote/Tekubi Osae
	Kata Dori Men Uchi	Irimi Nage Kote Gaeshi
	Sho Men Uchi	Jyu Waza
Hanmi HanTachi Waza	Katate Dori	Ikkyo ~Ude Osae Shiho Nage Kaiten Nage Aiki Otoshi
	Ushiro Ryo Kata Dori	Jyu Katame & NageWaza
Tachi Waza	Muna Dori Men Uchi	Ikkyo/Sankyo ~Ude Osae/Kote Hineri Koshi Nage
	Jodan Tsuki	Ikkyo ~Ude Osae Shiho Nage Kaiten Nage Irimi Nage Ushiro Kiri Otoshi
Ushiro waza	Katate Dori Kubishime	Sankyo ~ Kote Hineri
	Ryo Te Dori	Ikkyo ~Ude Osae Koshi Nage Kokyu nage
San Nin Zugake	Ryo Te Dori	Jyu NageWaza
Ai Ki Jo	Chu Shin	Misogi No Jo Kata Jo Dori
Ai Ki Ken	Chu Shin	Hachi Man Kata Tachi Dori

Kokyu Ryoku:
Ki Musubi:
Takemusu Aiki:

Wat betekent Aikido voor jou?:

Datum: *Naam & Handtekening:*