



AIKIDO SHINKI RENGO

PRÜFUNGSORDNUNG

(STAND: 01. 05. 2009)

DVD-Zeitangabe

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Programm für Kyu-Grade

5. Kyu		
Kata	Kamae-Undo	00.08 – 03.26
Ukemi (=Fall-Übungen)	Mae-kaiten	03.07 – 03.56
	Ushiro-kaiten	03.57 – 04.25
	Yoko-kaiten	04.26 – 04.57
Tachi-Waza(Mae-Seme = Angriff von vorne)		
Seme (= Angriff)-Formen	Waza (= Technik)	Zeitangabe
Katate-Katate-dori (Ai-hanmi)	Ikkyo	05.04 – 05.44
	Shiho-nage	05.45 – 06.06
Katate-Katate-dori (Gyaku-hanmi)	Shiho-nage	06.07 – 06.29
Katate-Muna-dori	Ikkyo	06.30 – 07.18
Katate-Kata-dori	Ikkyo	07.19 – 08.07
Ryote-Katate-dori (Morote-dori)	Ikkyo	08.09 – 10.15
Ryote-Ryote-dori	Shiho-gaeshi	10.16 – 10.38
Ryote-Muna-dori	Ikkyo	10.39 – 11.26
Shomen-uchi	Ikkyo	11.27 – 12.12
	Irimi-nage	12.13 – 12.30
Yokomen-uchi	Kiri-otoshi	12.31 – 12.52
Tsuki	Ikkyo	12.53 – 13.35
Tachi-Waza (Ushiro-Seme = Angriff von hinten)		
Katate-Muna-dori	Ikkyo	13.40 – 14.40
Ryote-dori	Shiho-nage	14.41 – 15.28
Suwari-Waza (Mae-Seme)		
Katate-Katate-dori (diagonal)	Ikkyo	15.33 – 16.28
Ryote-dori	Kokyu-ho	16.29 – 16.47

4. Kyu		
Kata	Tachi-Suburi 1	00.10 – 01.58
Ukemi	Mae-fuse	01.59 – 02.22
	Ushiro-hineri	02.23 – 03.16
	Yoko-suberi	03.17 – 03.48
Tachi-Waza(Mae-Seme)		
Katate-Katate-dori (Ai-hanmi)	Nikyo	03.53 – 04.58
	Juji-nage	04.59 – 05.21
	Irimi-nage	05.22 – 05.43
	Kote-gaeshi	05.44 – 05.55
Katate-Katate-dori (Gyaku-hanmi)	Ikkyo (soto-irimi / soto-tekan)	05.56 – 06.42
	Sumi-otoshi	06.43 – 07.02
	Kokyu-nage (irimi)	07.03 – 07.13
Katate-Muna-dori	Nikyo	07.14 – 08.17
Katate-Kata-dori	Nikyo	08.18 – 09.16
Ryote-Katate-dori (Morote-dori)	Nikyo	09.17 – 10.17
	Juji-nage	10.18 – 10.28
Ryote-Ryote-dori	Ikkyo	10.29 – 12.00
	Juji-nage	12.01 – 12.11
Ryote-Muna-dori	Nikyo	12.12 – 13.18
Shomen-uchi	Nikyo	13.19 – 14.22
	Sumi-otoshi	14.23 – 14.35
Yokomen-uchi	Ikkyo	14.36 – 15.25
	Shiho-nage	15.26 – 15.54

Tsuki	Sumi-otoshi	15.55 – 16.07	
	Fukiage	16.08 – 16.22	
Tachi-Waza (Ushiro-Seme)			
Katate-Muna-dori	Nikyo	16.29 – 18.50	
Ryote-dori	Ikkyo	18.51 – 20.18	
	Irimi-nage	20.19 – 20.52	
Ryo-Kata-dori	Ikkyo	20.53 – 22.49	
Suwari-Waza (Mae-Seme)			
Katate-Katate-dori	diagonal	Nikyo	22.55 – 24.00
	gerade	Ikkyo	24.01 – 24.50
Ryote-dori	Ikkyo	24.51 – 25.44	
Katate-Kata-dori	Ikkyo	25.45 – 26.35	
Shomen-uchi	Ikkyo	26.36 – 27.20	
Yokomen-uchi	Ikkyo	27.21 – 28.07	

3. Kyu

Kata	Jo-Suburi 1	00.08 – 02.27
Ukemi	Mae-sasae-tobi	02.28 – 02.53
Tachi-Waza (Mae-Seme)		
Katate-Katate-dori (Ai-hanmi)	Sankyo	02.58 – 04.00
	Sumi-otoshi	04.01 – 04.20
	Kokyu-nage	04.21 – 04.43
Katate-Katate-dori (Gyaku-hanmi)	Ikkyo(atemi-uchi- tenkan / sukui)	04.44 – 06.13
	Juji-nage (uchi+soto-tenkan)	06.14 – 06.34
	Irimi-nage (uchi-tenkan)	06.35 – 06.49
Katate-Muna-dori	Sankyo	06.50 – 07.55
	Kiri-otoshi	07.56 – 08.17
Katate-Kata-dori	Sankyo	08.18 – 10.13
	Fukiage	10.14 – 10.38
Ryote-Katate-dori (Morote-dori)	Shiho-nage	10.39 – 11.25
	Kokyu-nage (uchi- / soto-tenkan, mae und ushiro)	11.26 – 12.05
Ryote-Ryote-dori	Nikyo	12.06 – 13.48
	Shiho-nage	13.49 – 14.13
	Kokyu-nage	14.14 – 14.36
	Tenchi-nage	14.37 – 14.55
Ryote-Muna-dori	Sankyo	14.56 – 15.54
Shomen-uchi	Sankyo	15.55 – 16.51
	Yonkyo	16.52 – 17.34
	Kote-gaeshi	17.35 – 17.50
Yokomen-uchi	Nikyo	17.51 – 19.42
	Irimi-nage	19.43 – 20.09
	Kote-gaeshi	20.10 – 20.25
Tsuki	Nikyo	20.26 – 21.18
	Irimi-nage	21.19 – 21.42
	Kote-gaeshi	21.43 – 21.57
Tachi-Waza (Ushiro-Seme)		
Katate-Muna-dori	Sankyo	22.03 – 24.00
Eri-dori	Fukiage	24.01 – 24.30
Kubi-jime	Sumi-otoshi	24.31 – 24.46
Ryote-dori	Nikyo	24.47 – 25.45
	Kote-gaeshi	25.46 – 26.02
	Kokyu-nage (beide Hände hoch)	26.03 – 26.27
Ryo-Kata-dori	Nikyo	26.28 – 27.37
Suwari-Waza (Mae-Seme)		

Katate-Katate-dori	diagonal	Sankyo	27.45 – 28.46
		Irimi-nage	28.47 – 29.03
	gerade	Nikyo	29.04 – 31.03
Ryote-dori		Ryo-Nikyo	31.04 – 31.24
Katate-Kata-dori		Nikyo	31.25 – 32.25
Shomen-uchi		Nikyo	32.26 – 33.21
Suwari-Waza (Uchiro-Seme)			
Ryote-dori		Kokyu-nage	33.27 – 33.48

2. Kyu			
Kata		'Tachi-Suburi 2	00.10 – 02.44
Ukemi		Yoko-tobi	02.45 – 03.06
		Ushiro-tobi	03.07 – 03.29
Tachi-Waza (Mae-Seme)			
Katate-Katate-dori (Ai-hanmi)		Yonkyo	03.34 – 04.14
Katate-Katate-dori (Gyaku-hanmi)		Nikyo(2 Arten)	04.15 – 07.50
		Kote-gaeshi	07.51 – 08.04
		Kaiten-nage	08.05 – 08.30
Katate-Muna-dori		Yonkyo	08.31 – 09.14
		Fukiage	09.15 – 09.28
Katate-Kata-dori		Yonkyo	09.29 – 10.10
		Kiri-otoshi	10.11 – 10.34
Ryote-Katate-dori (Morote-dori)		Nikyo (Soto)	10.35 – 11.41
		Irimi-nage	11.42 – 12.02
		Kokyu-nage (soto-tenkan-makikomi)	12.03 – 12.14
Ryote-Ryote-dori		Sankyo	12.15 – 13.10
		Yonkyo	13.11 – 13.53
		Kesa-gake	13.54 – 14.16
Ryote-Muna-dori		Yonkyo	14.17 – 15.00
Mune-Ude-dori		Hiji-gaeshi	15.01 – 15.28
Shomen-uchi		Uchi-Sankyo	15.29 – 16.25
		Kiriotoshi	16.26 – 16.59
Yokomen-uchi		Yonkyo	17.00 – 17.49
		Juji-nage	17.50 – 18.01
		Sumi-otoshi	18.02 – 18.16
Tsuki		Yonkyo	18.17 – 19.07
		Shiho-nage	19.08 – 19.40
		Kokyu-nage (soto-tenkan)	19.41 – 19.55
Tachi-Waza (Ushiro-Seme)			
Katate-Muna-dori		Yonkyo	20.01 – 20.47
Eri-dori		Irimi-nage	20.48 – 21.07
Ryote-dori		Yonkyo	21.08 – 21.58
		Kokyu-nage (eine Hand hoch, 2)	21.59 – 22.29
Suwari-Waza (Mae-Seme)			
Katate-Katate-dori (diagonal)		Kote-gaeshi	22.34 – 22.56
Shomen-uchi		Yonkyo	22.57 – 23.26
Suwari-Waza(Ushiro-Seme)			
Ryote-dori		Ikkyo	23.31 – 24.23
		Nikyo	24.24 – 25.02
Hanmi-Handachi			
Katate-Katate-dori (Gyaku-Hanmi)		Shiho-nage	25.08 – 25.51
Sonstige Techniken			
Futari-gake		Kokyu-nage	25.56 – 26.02

Tanto-dori	Uchioroshi	Ikkyo (irimi)	26.04 – 26.36
	Tsuki	Ikkyo (tenkan)	26.37 – 27.08
Tachi-dori	Shomen-uchi	Ikkyo (irimi)	27.09 – 27.45
Jo-dori	Tsuki	Kokyu-nage, mae (omote)	27.46 – 28.07

1. Kyu

Kata	Jo-Suburi 2	00.08 – 02.43	
Ukemi	Mae-Tobi (Salto)	02.44 – 03.00	
Tachi-Waza(Mae-Seme)			
Katate-Katate-dori (Ai-hanmi)	Ikkyo-Kote-gaeshi	03.05 – 03.30	
	Ikkyo-Shiho-nage	03.31 – 04.23	
	Koshi-nage (soto-tenkan)	04.24 – 04.40	
Katate-Katate-dori (Gyaku-hanmi)	Sankyo(2 Arten)	04.41 – 06.30	
	Yonkyo(2 Arten)	06.31 – 07.59	
	Irimi-nage (soto-irimi 2 Arten)	08.00 – 08.27	
	Kote-gaeshi (hineri)	08.28 – 08.42	
Katate-Muna-dori	Shiho-nage	08.43 – 08.55	
	Fukiage (harai-te)	08.56 – 09.08	
Katate-Kata-dori	Shiho-nage (atemi, Ukete führen)	09.09 – 09.37	
Ryote-Katate-dori (Morote-dori)	Sumi-otoshi (soto-tenkan)	09.38 – 09.48	
Ryote-Ryote-dori	Koshi-nage	09.49 – 10.02	
	Kokyuho	10.03 – 10.15	
Ryote-Muna-dori	Kaji-mawashi	10.16 – 10.26	
Shomen-uchi	Kokyu-nage (irimi-tenkan)	10.27 – 10.41	
	Koshi-nage (soto-tenkan)	10.42 – 10.58	
	Uchi-Kaiten-nage (soto-tenkan)	10.59 – 11.29	
Yokomen-uchi	Uchi-Sankyo	11.30 – 12.20	
	Gokyo	12.21 – 13.02	
Tsuki	Kiri-otoshi (soto-tenkan)	13.03 – 13.31	
	Uchi-Kaiten-nage (soto-tenkan)	13.32 – 14.00	
Tachi-Waza(Ushiro-Seme)			
Eri-dori	Kokyu-nage	14.07 – 14.45	
Kubi-jime	Irimi-nage	14.46 – 15.08	
Ryote-dori	Yonkyo	15.09 – 15.50	
	Kokyu-nage (eine Hand an die Hüfte)	15.51 – 16.07	
	Juji-Irimi-nage	16.08 – 16.24	
Ryo-Kata-dori	Kokyu-nage (ushiro)	16.25 – 17.02	
Suwari-Waza(Mae-Seme)			
Katate-Katate-dori	gerade	Kokyu-nage	17.07 – 17.23
Shomen-uchi		Kiriotoshi	17.24 – 17.56
Yokomen-uchi		Gokyo	17.57 – 18.42
Suwari-Waza(Ushiro-Seme)			
Ryote-dori	Sankyo (ura)	18.47 – 19.57	
	Yonkyo (ura)	19.58 – 20.54	
Hanmi-Handachi			
Katate-Katate-dori (Gyaku-Hanmi)		Kote-gaeshi (nukite / hineri)	21.00 – 21.47
Ryote-dori		Shiho-nage	21.48 – 22.23
Sonstige Techniken			
Futari-gake		Ryo-Nikyo (uchi / soto)	22.28 – 22.54

Tanto-dori	Uchioroshi	Kote-gaeshi	22.55 – 23.18
	Tsuki	Kote-gaeshi	23.19 – 23.38
Tachi-dori	Shomen-uchi	Kokyu-nage	23.39 – 23.58
Jo-dori	Tsuki	Kokyu-nage, mae (ura = nukido)	23.59 – 24.35
		Jo-gaeshi	24.36 – 24.55

Programm für Dan-Grade

1. Dan			
Kata	Tachi-Kata		00.08 – 01.44
Tachi-Waza (Mae-Seme)			
Katate-Katate-dori (Ai-hanmi)	Koshi-nage (ikkyo)		01.49 – 02.01
	Uchi-Sankyo		02.02 – 03.00
Katate-Katate-dori (Gyaku-hanmi)	Kote-gaeshi (nukite)		03.01 – 03.18
	Koshi-nage (soto-tenkan)		03.19 – 03.33
	Shiho-nage (ude-gaeshi)		03.34 – 03.48
Katate-Muna-dori	Hiji-gaeshi		03.49 – 04.15
	Uchi-Sankyo		04.16 – 05.11
Katate-Kata-dori	Hiji-gaeshi		05.12 – 05.35
Ryote-Katate-dori (Morote-dori)	Koshi-nage (uchi- / soto-irimi)		05.36 – 06.07
Ryote-Ryote-dori	Kiri-otoshi (uchi / soto)		06.08 – 06.31
	Kote-gaeshi (nukite / hineri)		06.32 – 07.03
Ryote-Muna-dori	Koshi-nage		07.04 – 07.22
Shomen-uchi	Yonkyo-nage		07.23 – 07.38
	Koshi-nage (uchi- / soto-irimi)		07.39 – 08.08
Yokomen-uchi	Sumi-otoshi (irimi)		08.09 – 08.20
	Koshi-nage (teगतana)		08.21 – 08.39
	Kokyu-nage (teगतana)		08.40 – 08.53
Tsuki	Kokyu-nage (uchi-tenkan)		08.54 – 09.07
	Koshi-nage (soto-tenkan)		09.08 – 09.25
	Juji-nage (uchi- / soto-tenkan)		09.26 – 09.46
Tachi-Waza(Ushiro-Seme)			
Katate-Muna-dori	Kokyu-nage (mae, knien)		09.52 – 10.03
Kubi-jime	Kokyu-nage (Kopf runter)		10.04 – 10.30
Ryote-dori	Kokyu-nage (mae, knien)		10.31 – 10.41
	O-Hineri		10.42 – 10.54
Ryo-Kata-dori	Irimi-nage (Hände hoch)		10.55 – 11.28
Suwari-Waza (Mae-Seme)			
Katate-Katate-dori	diagonal	Hiji-gatame	11.33 – 11.52
	gerade	Kote-gaeshi (Hineri)	11.53 – 12.10
Ryote-dori	Kote-gaeshi (Hineri)		12.11 – 12.27
Shomen-uchi	Irimi-nage		12.28 – 12.47
Hanmi-Handachi			
Katate-Katate-dori (Gyuaku-Hanmi)	Ikkyo (Uchi-Tenkan)		12.53 – 13.49
Sonstige Techniken			
Futari-gake (2 Angreifer)		Tsubasa-gaeshi	13.55 – 14.10
Tanto-dori	Uchioroshi	Sumi-Otoshi	14.11 – 14.31
	Tsuki	Sumi-Otoshi	14.32 – 14.51
		Fukiage	14.52 – 15.10

Tachi-dori	Shomen-uchi	Kote-gaeshi	15.11 – 15.38
Jo-dori	Tsuki	Shiho-nage	15.39 – 16.50
		Ten-gaeshi	16.51 – 17.07

2. Dan

Kata	Jo-Kata	00.09 – 00.50	
Tachi-Waza(Mae-Seme)			
Katate-Katate-dori (Ai-hanmi)	Koshi-nage(kote-hineri)	00.55 – 01.10	
	Karami-nage	01.11 – 01.29	
Katate-Katate-dori (Gyaku-hanmi)	Koshi-nage (teगतana / sukui)	01.30 – 01.55	
	Suso-barai (soto-tenkan – uchi-irimi – tenkan)	01.56 – 02.12	
	Kata-otoshi (teगतana)	02.13 – 02.21	
Katate-Muna-dori	Narabi-Juji-nage	02.22 – 02.40	
	Juji-garami (atemi)	02.41 – 02.54	
Katate-Kata-dori	Kesa-gake (atemi)	02.55 – 03.28	
Ryote-Katate-dori (Morote-dori)	Koshi-nage (uchi- / soto-tenkan)	03.29 – 04.00	
	Suso-barai (kirikaeshi)	04.01 – 04.15	
Ryote-Ryote-dori	Kaji-mawashi	04.16 – 04.26	
	Tsubasa-gaeshi	04.27 – 04.41	
Ryote-Muna-dori	Yoko-domoe	04.42 – 04.54	
Shomen-uchi	Koshi-guruma	04.55 – 05.05	
	Tani-otoshi	05.06 – 05.21	
Yokomen-uchi	Karami-nage	05.22 – 05.40	
	Kokyu-nage (uchi-tenkan)	05.41 – 05.57	
Tsuki	Kata-otoshi	05.58 – 06.07	
	Koshi-nage (kote-hineri /sukui)	06.08 – 06.39	
	Karami-nage	06.40 – 06.53	
	Soto-Kaiten-nage	06.54 – 07.14	
Tachi-Waza(Ushiro-Seme)			
Katate-Muna-dori	Karami-nage	07.20 – 07.36	
Kubi-jime	Hiza-gime	07.37 – 07.50	
Ryote-dori	Karami-nage	07.51 – 08.22	
	Juji-garami	08.23 – 08.36	
Ryo-Kata-dori	Irimi-nage (drehend zwischen die Arme des Angreifers eintreten)	08.37 – 09.17	
Suwari-Waza(Mae-Seme)			
Katate-Katate-dori	gerade	Kote-gaeshi (Nukite)	09.22 – 09.43
Ryote-dori		Kote-gaeshi (Nukite)	09.44 – 10.03
Shomen-uchi		Kote-gaeshi	10.04 – 10.52
Hanmi-Handachi			
Katate-Katate-dori (Gyuaku-Hanmi)		Ikkyo (Soto-Tenkan)	10.57 – 11.53
Sonstige Techniken			
Futari-gake (2 Angreifer)		Shiho-nage	11.58 – 12.26
Tanto-dori	Uchioroshi	Irimi-nage	12.27 – 12.47
	Tsuki	Karami-nage	12.48 – 13.07
Tachi-dori	Shomen-uchi	Irimi-nage	13.08 – 13.29
Jo-dori	Tsuki	Kokyu-nage (Ushiro)	13.30 – 13.45

3. Dan

Kata	Tenchi	00.08 – 01.28
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Tachi-Waza(Mae-Seme)			
Katate-Katate-dori (Ai-hanmi)	Nikyo-Yokodomoe	01.34 – 01.49	
Katate-Katate-dori (Gyaku-hanmi)	Koshi-nage (uchi-tenkan-kote-hineri)	01.50 – 02.07	
	Suso-barai (uchi-tenkan-kirikaeshi)	02.08 – 02.17	
Katate-Muna-dori	Yoko-domoe	02.18 – 02.30	
	Hiji-gatame	02.31 – 02.48	
Katate-Kata-dori	Kesa-gime (atemi)	02.49 – 03.27	
Ryote-Katate-dori (Morote-dori)	Tenzashi	03.28 – 03.46	
Ryote-Ryote-dori	Udekime-nage	03.47 – 03.59	
Ryote-Muna-dori	Hiji-domoe	04.00 – 04.11	
Shomen-uchi	O-guruma (omote)	04.12 – 04.25	
Yokomen-uchi	Koshi-nage (uchi-tenkan-kote-hineri)	04.26 – 04.42	
	Hiji-gaeshi	04.43 – 05.07	
Tsuki	Kote-barai (uchi-tenkan)	05.08 – 05.16	
	Ude-guruma	05.17 – 05.29	
	Hiji-gatame (uchi- / soto-tenkan)	05.30 – 06.00	
Tachi-Waza(Ushiro-Seme)			
Katate-Muna-dori	Koshi-nage(direkt)	06.06 – 06.20	
Ryote-dori	Koshi-nage (Ikkyo-ura)	06.21 – 06.38	
Ryo-Kata-dori	Shiho-nage (ganze Drehung)	06.39 – 07.09	
Suwari-Waza(Mae-Seme)			
Katate-Katate-dori	gerade	Hiji-gime-nage (nach hinten werfen)	07.15 – 07.32
Ryote-dori		Irimi-nage (Nukite)	07.33 – 07.49
		Hiji-gime-nage	07.50 – 08.09
Hanmi-Handachi			
Katate-Katate-dori (Gyaku-Hanmi)	Irimi-nage (Uchi- u. Soto-Tenkan)	08.14 – 08.55	
Sonstige Techniken			
Futari-gake (2 Angreifer)		Kokyu-nage (ushiro)	09.01 – 09.18
Tanto-dori	Uchioroshi	Uchi-Sankyo	09.19 – 10.33
	Tsuki	Koshi-nage	10.34 – 10.55
Tachi-dori	Shomen-uchi	Koshi-nage (Soto-Irimi)	10.56 – 11.01
Jo-dori	Tsuki	Hiji-gime-nage	11.02 – 11.21