

**EXAMENPROGRAMMA  
SHO SHIN AIKIDO DOJO**

## 6<sup>e</sup> KYU

### *TACHI WAZA – STAANDE TECHNIEKEN*

- Ai hanmi katate dori      irimi nage  
                                     kote gaeshi  
                                     ikkyo  
                                     nikyo  
                                     shiho nage  
                                     **uchi kaiten nage**  
                                     **sankyo**
- Shomen uchi                irimi nage

### *UKEMI WAZA*

Valbreek technieken

### *SHIKKO*

Verplaatsen op de knieën

### *TAI SABAKI*

Lichaamsverplaatsingen

### *SOTAI DOSA*

Bevrijden van de aanval  
ai hanmi katate dori door hand  
en polsdraaiingen

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

**plus dojo etiquette**

## 5<sup>e</sup> KYU

### *TACHI WAZA – STAANDE TECHNIEKEN*

- Shomen uchi                      ikkyo  
                                             nikyo  
                                             kote gaeshi
- Chudan tsuki                    irimi nage  
                                             kote gaeshi
- Katate dori                        shiho nage  
                                             tenchi nage  
                                             ikkyo  
                                             ude kimi nage  
                                             kokyu nage

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

### *SUWARI WAZA – TECHNIEKEN OP DE KNIEËN*

- Shomen uchi                      ikkyo
- Kata dori                            ikkyo

**plus dojo etiquette en  
alles wat vereist is voor 6<sup>de</sup> Kyu**

## 4<sup>e</sup> KYU

### *TACHI WAZA – STAANDE TECHNIEKEN*

- Shomen uchi                      sankyo  
                                         uchi kaiten sankyo
- Yokomen uchi                    shiho nage  
                                         irimi nage  
                                         tenchi nage  
                                         ude kime nage  
                                         kote gaeshi
- Chudan tsuki                    ude kime nage  
                                         hiji kime osae
- Jodan tsuki                      ikkyo
- Ryote dori                        shiho nage  
                                         tenchi nage  
                                         ude kime nage  
                                         ikkyo
- Katate dori                        nikkyo
- Katate ryote dori                kote gaeshi

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

### *SUWARI WAZA – TECHNIEKEN OP DE KNIEËN*

- Shomen uchi                      nikyo
- Kata dori                         nikyo

**plus dojo etiquette en  
alles wat vereist is voor 6<sup>de</sup> en 5<sup>de</sup> Kyu**

### 3<sup>e</sup> KYU

#### *TACHI WAZA – STAANDE TECHNIEKEN*

- |                     |                                         |
|---------------------|-----------------------------------------|
| • Shomen uchi       | yonkyo<br>gokyo                         |
| • Yokomen uchi      | ikkyo<br>uchi kaiten sankyo             |
| • Chudan tsuki      | soto kaiten nage<br>uchi kaiten sankyo  |
| • Jodan tsuki       | shiho nage<br>kote gaeshi               |
| • Katate dori       | sankyo<br>yonkyo<br>uchi kaiten nage    |
| • Katate ryote dori | ikkyo<br>nikyo                          |
| • Ryote dori        | irimi nage<br>kote gaeshi<br>kokyu nage |

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

#### *SUWARI WAZA – TECHNIEKEN OP DE KNIEËN*

- |               |                                     |
|---------------|-------------------------------------|
| • Shomen uchi | irimi nage<br>kote gaeshi<br>sankyo |
| • Katadori    | sankyo                              |
- 

#### *USHIRO WAZA*

- |              |                                                                    |
|--------------|--------------------------------------------------------------------|
| • Ryote dori | ikkyo<br>hiji kime osae<br>shiho nage<br>irimi nage<br>kote gaeshi |
|--------------|--------------------------------------------------------------------|

**plus dojo etiquette en  
alles wat vereist is voor 6<sup>de</sup>, 5<sup>de</sup> en 4<sup>de</sup> Kyu**

## 2<sup>e</sup> KYU

### *TACHI WAZA – STAANDE TECHNIEKEN*

- |                      |                                                                |
|----------------------|----------------------------------------------------------------|
| • Yokomen uchi       | nikyo<br>sankyo<br>yonkyo<br>gokyo<br>koshi nage               |
| • Muna dori          | ikkyo<br>uchi kaiten sankyo<br>shiho nage                      |
| • Kata dori men uchi | shiho nage<br>kote gaeshi<br>irimi nage<br>koshi nage<br>ikkyo |
| • Jodantsuki         | nikyo<br>sankyo                                                |
| • Mae geri           | irimi nage                                                     |

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

### *SUWARI WAZA – TECHNIEKEN OP DE KNIEËN*

- |                 |                            |
|-----------------|----------------------------|
| • Shomen uchi   | yonkyo<br>soto kaiten nage |
| • Ryo kata dori | ikkyo                      |
| • Chudantsuki   | kote gaeshi                |
| • Jodantsuki    | ikkyo                      |
- 

### *USHIRO WAZA*

- |                          |                                                       |
|--------------------------|-------------------------------------------------------|
| • Eri dori               | ikkyo                                                 |
| • Ryo kata dori          | ikkyo<br>nikyo<br>sankyo<br>irimi nage<br>kote gaeshi |
| • Ryo hiji dori          | kote gaeshi<br>irimi nage                             |
| • Katate dori kubi shime | ikkyo                                                 |

**plus dojo etiquette en  
alles wat vereist is voor 6<sup>de</sup>, 5<sup>de</sup>, 4<sup>de</sup> en 3<sup>de</sup> Kyu**

# 1<sup>e</sup> KYU

## *TACHI WAZA – STAANDE TECHNIEKEN*

- Muna dori men uchi      ikkyo  
                                     nikyo  
                                     koshi nage  
                                     sankyo
  - Jodan tsuki                yonkyo  
                                     koshi nage  
                                     irimi nage  
                                     shiho nage  
                                     soto kaiten nage  
                                     ushiro kiri otoshi
- 

## *SUWARI WAZA – TECHNIEKEN OP DE KNIEËN*

- Ryo kata dori              sankyo  
                                     yonkyo
- Kata dori men uchi      irimi nage  
                                     kokyu nage  
                                     kote gaeshi

*\* Indien mogelijk alles in Omote en Ura-waza uit te voeren.*

## *USHIRO WAZA*

- Ryo te dori                yonkyo  
                                     kokyu nage  
                                     koshi nage
  - Katate dori kubi shime    nikyo  
                                     sankyo
  - Eri dori                    nikyo  
                                     sankyo  
                                     irimi nage
- 

## *HANMI HANDACHI WAZA*

- Katate dori                shiho nage  
                                     uchi kaiten nage  
                                     ikkyo
- Ryote dori                shiho nage

**plus dojo etiquette en  
alles wat vereist is voor 6<sup>de</sup>, 5<sup>de</sup>, 4<sup>de</sup>, 3<sup>de</sup> en 2<sup>de</sup> Kyu**