

# ODTÜ AİKİDO DOJOSU 3-2 KYU (DERECE) SINAVI TEKNİKLERİ

## Suwari waza

Katate Dori

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
İrimi Nage  
Kote Gaeshi

Kata Dori

İkkyo  
Nikkyo  
Sankyo  
Yonkyo

Ryo Kata Dori

İkkyo

Ryote Dori

İkkyo

Shomen Uchi

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
Gokyo  
İrimi Nage  
Kote Gaeshi

Yokomen Uchi

İkkyo  
Nikkyo  
İrimi Nage  
Kote Gaeshi

## Hanmi Handachi Waza

Katate Dori

İkkyo  
Nikkyo  
Kote Gaeshi  
İrimi Nage  
Shiho Nage  
Kaiten Nage  
Sumi Otoshi  
Kokyu Nage

Ushiro Ryo Kata Dori

İkkyo  
Kokyu Nage

## Tachi waza

Katate Dori

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
İrimi Nage  
Kote Gaeshi  
Shiho Nage  
Ude Kime Nage  
Hiji Kime Osae  
Uchi Kaiten Nage  
Soto Kaiten Nage  
Sumi Otoshi  
Koshi Nage  
Kokyu Nage  
Jiyu Waza

# ODTÜ AİKİDO DOJOSU 3-2 KYU (DERECE) SINAVI TEKNİKLERİ

## Ryote Dori

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
İrimi Nage  
Kote Gaeshi  
Shiho Nage  
Tenchi Nage  
Kokyu Nage

## Shomen Uchi

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
Gokyo  
İrimi Nage  
Kote Gaeshi  
Ude Kime Nage  
Shiho Nage  
Uchi Kaiten Nage  
Soto Kaiten Nage  
Soto Kaiten Sankyo  
Koshi Nage  
Kokyu Nage  
Jiyu Waza

## Kata Dori

İkkyo  
Nikkyo  
Sankyo

## Jodan Tsuki

İkkyo  
Kote Gaeshi  
Shiho Nage

## Chudan Tsuki

İkkyo  
İrimi Nage  
Kote Gaeshi  
Ude Kime Nage  
Hiji Kime Osae  
Soto Kaiten Nage

## Yokomen Uchi

İkkyo  
Nikkyo  
Sankyo  
Yonkyo  
Gokyo  
İrimi Nage  
Kote Gaeshi  
Shiho Nage  
Ude Kime Nage  
Kokyu Nage

## Morote Dori

İkkyo  
Nikkyo  
İrimi Nage  
Kote Gaeshi  
Shiho Nage  
Juji Garami  
Kokyu Nage

# ODTÜ AİKİDO DOJOSU 3-2 KYU (DERECE) SINAVI TEKNİKLERİ

Muna Dori

İkkyo  
Shiho Nage

Kata Dori Men Uchi

İkkyo  
İrimi Nage  
Kote Gaeshi  
Shiho Nage

## Ushiro Waza

Ryote Dori

İkkyo  
Nikkyo  
Sankyo  
İrimi Nage  
Kote Gaeshi  
Ude Kime Nage  
Hiji Kime Osae  
Shiho Nage  
Kokyu Nage

Katate Dori Kubi Shime

İkkyo  
Shiho Nage  
İrimi Nage  
Kote Gaeshi

Ryo Kata Dori

İkkyo  
Kote Gaeshi  
İrimi Nage

## Tanto Dori

Tsuki

İkkyo

Gokyo

Kote Gaeshi

Ude Kime Nage

Ude Garami

Hiji Kime Osae

## Ninin Gake