

ODTÜ AİKİDO DOJOSU 4-3 KYU (DERECE) SINAVI TEKNİKLERİ

Suwari waza

Katate Dori

İkkyo
Nikkyo
Sankyo
Yonkyo

Kata Dori

İkkyo
Nikkyo
Sankyo

Shomen Uchi

İkkyo
Nikkyo
Sankyo
İrimi Nage
Kote Gaeshi

Yokomen Uchi

İkkyo

Hanmi Handachi Waza

Katate Dori

İkkyo
Kokyu Nage

Ushiro Ryokata Dori

Kokyu Nage

Tachi waza

Katate Dori

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

Ryote Dori

İkkyo
İrimi Nage
Kote Gaeshi
Shiho Nage
Tenchi Nage
Kokyu Nage

Shomen Uchi

İkkyo
Nikkyo
Sankyo
Yonkyo
İrimi Nage
Kote Gaeshi
Shiho Nage

ODTÜ AİKİDO DOJOSU 4-3 KYU (DERECE) SINAVI TEKNİKLERİ

Uchi Kaiten Nage	İkkyo
Soto Kaiten Nage	Nikkyo
Kokyu Nage	Sankyo
Chudan Tsuki	Kokyu Nage
İkkyo	
İrimi Nage	
Kote Gaeshi	
Ude Kime Nage	
Hiji Kime Osae	
Soto Kaiten Nage	
Morote Dori	
İkkyo	
Nikkyo	
İrimi Nage	
Kote Gaeshi	
Shiho Nage	
Kokyu Nage	
Kata Dori	
İkkyo	
Yokomen Uchi	
İkkyo	
İrimi Nage	
Kote Gaeshi	
Shiho Nage	
Ude Kime Nage	

Ushiro Waza

Ryote Dori