

ODTÜ AİKİDO DOJOSU 5-4 KYU (DERECE) SINAVI TEKNİKLERİ

Suwari waza

Katate Dori

İkkyo
Nikkyo
Sankyo

Kata Dori

İkkyo
Nikkyo

Shomen Uchi

İkkyo
Nikkyo

Soto Kaiten Nage

Kokyu Nage

Chudan Tsuki

İrimi Nage

Kote Gaeshi

Ude Kime Nage

Morote Dori

İkkyo
Kokyu Nage

Ryote Dori

İkkyo

Yokomen Uchi

İrimi Nage

Kote Gaeshi

Shiho Nage

Ude Kime Nage

Tachi waza

Katate Dori

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

Shomen Uchi

İkkyo
Nikkyo
Sankyo
İrimi Nage
Kote Gaeshi