

ODTÜ AİKİDO DOJOSU 6-5 KYU (DERECE) SINAVI TEKNİKLERİ

Suwari waza

Katate Dori

İkkyo

Nikkyo

Shomen Uchi

İkkyo

Tachi waza

Katate Dori

İkkyo

Nikkyo

İriminage

Kote Gaeshi

Shiho Nage

Ude Kime Nage

Kokyu Nage

Shomen Uchi

İkkyo

Nikkyo

İrimi Nage

Kote Gaeshi

Soto Kaiten Nage

Kokyu Nage

Chudan Tsuki

İrimi Nage

Kote Gaeshi