



合気道

AIKIDO SAVEZ SRBIJE

Yudansha program za 1.,2.,3. i 4.Dan

Sho dan – 1.Dan

Suwari waza

Shomen uchi Ikkyo
Shomen uchi Nikyo
Shomen uchi Sankyo
Shomen uchi Yonkyo
Shomen uchi Gokyo
Shomen uchi Irimi nage
Shomen uchi Kote gaeshi
Kata dori Ikkyo
Kata dori Nikyo
Yokomen uchi Irimi nage
Yokomen uchi Kote gaeshi

Hanmi handachi waza

Katate dori Ikkyo
Katate dori Irimi nage
Katate dori Kote gaeshi
Katate dori Shiho nage
Katate dori uchi, soto Kaiten nage
Katate dori Sumi otoshi
Shomen uchi Irimi nage
Ryote dori Shiho nage

Tachi waza

Shomen uchi Ikkyo
Shomen uchi Nikyo
Shomen uchi Sankyo /uchi kaiten/
Shomen uchi Yonkyo
Shomen uchi Irimi nage
Shomen uchi Kote gaeshi
Yokomen uchi Ikkyo
Yokomen uchi Nikyo
Yokomen uchi uchi kaiten Sankyo
Yokomen uchi Yonkyo
Yokomen uchi Irimi nage
Yokomen uchi Shiho nage
Yokomen uchi Kote gaeshi
Tsuki Irimi nage
Tsuki Kote gaeshi
Kata dori men uchi Ikkyo
Kata dori men uchi Shiho nage
Kata dori men uchi Kote gaeshi
Ryote dori Tenchi nage
Ryote dori Ude kime nage
Ryote dori Koshi nage
Ryotedori Kokyu nage

Ushiro waza

Ushiro ryote dori Ikkyo
Ushiro ryote dori Nikyo
Ushiro ryote dori Sankyo
Ushiro ryote dori Irim inage
Ushiro ryote dori Shiho nage
Ushiro ryote dori Kote gaeshi

Buki waza

Tanto dori
Tachi dori
Jo dori
Jo nage
Sannin gake / bokken-jo-tanto /

Taninzu gake

Sannin gake /3 napadača koji napadaju Ryo kata dori/

Suwari waza

Ryote dori Kokyu ho

Ni dan – 2.Dan

Suwari waza

Yokomen uchi ikkyo
Yokomen uchi Nikyo
Yokomen uchi Sankyo
Yokomen uchi Yonkyo
Yokomen uchi Gokyo
Yokomen uchi Irimi nage
Yokomen uchi Kote gaeshi

Hanmi handachi waza

Katate dori Ikkyo
Katate dori Nkyo
Katate dori Irimi nage
Katate dori Kote gaeshi
Katate dori Shiho nage
Katate dori Kaiten nage
Ushiro ryo kata dori Ikkyo
Ushiro ryo kata dori Sankyo

Tachi waza

Ryote dori Tenchi nage
Ryote dori Koshi nage
Ryote dori Kokyu nage
Morote dori Ikkyo
Morote dori Shiho nage
Tsuki jiyu waza
Yokome nuchi Ikkyo
Yokomen uchi Nikyo
Yokomen uchi Irimi nage
Yokomen uchi Kote gaeshi
Yokomen uchi Shiho nage
Kata dori men uchi Ikkyo
Kata dori men uchi Shiho nage

Ushiro waza

Ushiro ryote dori Ikkyo
Ushiro ryote dori Nikyo
Ushiro ryote dori Sankyo
Ushiro ryote dori Irim inage
Ushiro ryote dori Shiho nage
Ushiro ryote dori Kote gaeshi
Ushiro ryote dori Koshi nage
Ushiro ryo kata dori Ikkyo
Ushiro ryo kata dori Sankyo
Ushiro ryo kata dori Kote gaeshi

Buki waza

Tachi dori shomen uchi Kote gaeshi
Tachi dori shomen uchi Kokyu nage
Tachi dori shomen uchi Irimi nage
Tanto dori chudan tsuki Kote gaeshi
Tanto dori yokomen uchi Gokyo
Jo dori
Jo nage

Taninzu gake

Sanin gake /3 napadača koji napadaju Ryo kata dori/

Suwari waza

Ryote dori Kokyu ho

San dan – 3.Dan

Suwari waza

Kata dori Ikkyo
Katate dori Irimi nage
Katate dori Kote gaeshi
Katate dori Shiho nage
Yokomen uchi Jiyu waza

Hanmi handachi waza

Katate dori Ikkyo
Katate dori Irimi nage
Katate dori Kote gaeshi
Katate dori Shiho nage
Katate dori Kaiten nage
Shomen uchi Jiyu waza

Tachi waza

Ryote dori Tenchi nage
Ryote dori Koshi nage
Ryote dori Kokyu nage
Tsuki jiyu waza
Shomen uchi Ikkyo
Shomen uchi Irimi nage
Shomen uchi Jiyu waza
Yokomen uchi Ikkyo
Yokomen uchi Gokyo
Yokomen uchi Irimi nage
Yokomen uchi Kote gaeshi
Kata dori men uchi Ikkyo
Kata dori men uchi Shiho nage
Kata dori men uchi Kote gaeshi
Kata dori men uchi Koshi nage
Morote dori Irimi nage
Morote dori Juji nage

Ushiro waza

Ushiro ryote dori Ikkyo
Ushiro ryote dori Nikyo
Ushiro ryote dori Sankyo
Ushiro ryote dori Yonkyo
Ushiro ryote dori Irimi nage
Ushiro ryote dori Shiho nage
Ushiro ryote dori Kote gaeshi
Ushiro ryote dori Koshi nage

Kaeshi Waza

Shomen uchi Ikkyo
Kata dori Nikyo ura

Buki waza

Suburi ken
Suburi jo
Tanto dori
Jo dori
Jo nage
Tachi dori

Taninzu gake

Gonin gake /5 napadača koji napadaju Ryo kata dori/

Suwari waza

Ryote dori Kokyu ho

Yon dan – 4.Dan

Suwari waza

Kata dori Ikkyo
Yokomen uchi Jiyu waza

Hanmi handachi waza

Katate dori Ikkyo
Katate dori Irimi nage
Katate dori Kote gaeshi
Katate dori Shiho nage
Katate dori Kaiten nage
Shomen uchi Jiyu waza

Tachi waza

Jodan tsuki Irimi nage
Jodan tsuki Shiho nage
Jodan tsuki Soto Kaiten nage
Jodan tsuki Koshi nage
Mae geri Jiyu waza
Yokomen uchi Jiyu waza
Morote dori Jiyu waza
Muna dori men uchi Ikkyo
Muna dori men uchi Koshi inage

Ushiro Waza

Ushiro ryo kata dori Ikkyo
Ushiro ryo kata dori Sankyo
Kata dori men uchi Kote gaeshi
Eri dori Ikkyo
Eri dori Sankyo
Eri dori Irimi nage
Katate dori kubi shime Koshi nage
Haga ijime Jiyu waza

Futari dori

Twoo uke, Katate ryote dori

Buki waza

Suburi ken
Suburi jo
Tanto dori
Jo dori
Jo nage
Tachi dori
Ken versus ken

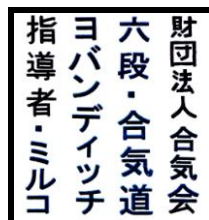
Taninzu gake

Sanin gake, ryo kata dori
Sanin gake, yokomen uchi
Sanin gake, yokomen uchi
Sanin gake, jiyu waza

Suwari waza

Ryote dori Kokyu ho

U Beogradu, 01.01.2000.g.



Sensei Mirko Jovandić