



AIKIDO SAVEZ SRBIJE

Program za Kyu stepene

Rokkyu No Shiken – 6.Kyu

Tachi waza

Ai hanmi katate dori Ikkyo (omote/ura)
Ai hanmi katate dori Sankyo
Ai hanmi katate dori Irimi nage (omote/ura)
Ai hanmi katate dori Kote gaeshi
Aihanmi katatedori Shiho nage (omote/ura)
Aihanmi katatedori uchi Kaiten nage
Shomen uchi Irimi nage
Ukemi waza
Shikko
Tai sabaki
Dojo pravila

Yonkyu No Shiken – 4.Kyu

Tachi waza

Shomen uchi Sankyo (omote/ura)
Shomen uchi uchi kaiten Sankyo
Yokomen uchi Shiho nage (omote/ura)
Yokomen uchi Irimi nage (omote/ura)
Yokomen uchi Tenchi nage
Yokomen uchi Kote gaeshi
Yokomen uchi Ude kime nage
Chudan tsuki Ude kime nage
Chudan tsuki Hiji kime osae
Jodan tsuki Ikkyo (omote/ura)
Ryote dori Shiho nage (omote/ura)
Ryote dori Tenchi nage
Ryote dori Ude kime nage
Ryote dori Ikkyo (omote/ura)
Katate dori Nikyo (omote/ura)
Katate ryote dori Kote gaeshi

Suwari waza

Shomen uchi Nikyo (omote/ura)
Kata dori Nikyo (omote/ura)
Ryote dori Kokyu ho

Gokyu No Shiken – 5.Kyu

Tachi waza

Shomen uchi Ikkyo (omote/ura)
Shomen uchi Nikyo (omote/ura)
Shomen uchi Kote gaeshi
Chudan tsuki Irimi nage (omote/ura)
Chudan tsuki Kote gaeshi (omote/ura)
Katate dori Shiho nage (omote/ura)
Katate dori Tenchi nage
Katate dori Ikkyo (omote/ura)
Katate dori Ude kime nage (omote/ura)
Katate dori Kokyu nage

Suwari waza

Shomen uchi Ikkyo (omote/ura)
Kata dori Ikkyo (omote/ura)

Sankyu No Shiken – 3.Kyu

Tachi waza

Shomen uchi Yonkyo (omote/ura)
Shomen uchi Gokyo
Yokomen uchi Ikkyo (omote/ura)
Yokomen uchi uchi kaiten Sankyo
Chudan tsuki soto Kaiten nage
Chudantsuki uchi kaiten Sankyo
Jodan tsuki Shiho nage
Jodan tsuki Kote gaeshi
Katate dori uchi Kaiten nage
Katate dori Sankyo (omote/ura)
Katate dori Yonkyo (omote/ura)
Katate ryote dori Ikkyo (omote/ura)
Katate ryote dori Nikyo (omote/ura)
Ryote dori Irimi nage
Ryote dori Kote gaeshi
Ryote dori Kokyu nage

Ushiro waza

Ryote dori Ikkyo
Ryote dori Hiji kime osae
Ryotedori Kote gaeshi
Ryote dori Shiho nage
Ryote dori Irimi nage

Suwari waza

Shomen uchi Sankyo
Kata dori Sankyo
Shomen uchi Irimi nage
Shomen uchi Kote gaeshi

Nikyu No Shiken – 2.Kyu

Tachi waza

Yokomen uchi Nikyo (omote/ura)
Yokomen uchi Sankyo
Yokomen uchi Yonkyo
Yokomen uchi Gokyo
Yokomen uchi Koshi nage
Muna dori Ikkyo
Muna dori Shiho nage
Muna dori uchi kaiten Sankyo
Kata dori men uchi Ikkyo
Kata dori men uchi Shiho nage
Kata dori men uchi Kote gaeshi
Kata dori men uchi Irimi nage
Kata dori men uchi Koshi nage
Jodan tsuki Nikyo
Jodan tsuki Sankyo
Mae geri Irimi nage

Ushiro waza

Eri dori Ikkyo
Ryo kata dori Ikkyo
Ryo kata dori Nikyo
Ryo kata dori Sankyo
Ryo kata dori Irimi nage
Ryo kata dori Kote gaeshi
Ryo hiji dori Kote gaeshi
Ryo hiji dori Irimi nage
Katate dori kubi shime Ikkyo

Suwari waza

Shomen uchi Yonkyo
Shomen uchi soto Kaiten nage
Ryo kata dori Ikkyo
Jodan tsuki Ikkyo
Chudan tsuki Kote gaeshi

Buki waza

Tachi suburi
Tachi tai tachi
Jo suburi
Jo dori

Ikkyu No Shiken – 1.Kyu

Tachi waza

Muna dori men uchi Ikkyo
Muna dori men uchi Nikyo
Muna dori men uchi Sankyo
Munadori men uchi Koshi nage
Jodan tsuki Yonkyo
Jodan tsuki Koshi nage
Jodan tsuki Irimi nage
Jodan tsuki Shiho nage
Jodan tsuki soto Kaiten nage
Jodan tsuki ushiro Kiri otoshi

Ushiro waza

Ryote dori Yonkyo
Ryote dori Kokyu nage
Ryote dori Koshi nage
Katate dori kubi shime Nikyo
Katate dori kubi shime Sankyo
Eri dori Nikyo
Eri dori Sankyo
Eri dori Irimi nage

Hanmi handachi waza

Katate dori Shiho nage (omote/ura)
Katate dori uchi Kaiten nage
Katate dori Ikkyo
Ryote dori Shiho nage

Suwari waza

Ryo kata dori Sankyo
Ryo kata dori Yonkyo
Kata dori men uchi Irimi nage
Kata dori men uchi Kote gaeshi
Kata dori men uchi Kokyu nage

Taninzu-gake

Sanin ngake

Buki waza

Bokken suburi
Tachi tai tachi
Tachi dori
Jo suburi
Jo dori
Jo tai jo
Sanin ngake (bokken-jo-tanto)

U Beogradu, 01.01.2000.g.

Sensei Mirko Jovandić

