



合気道

AIKIDO SAVEZ SRBIJE

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

Sho dan – 1.Dan

A - SUWARI WAZA

1.Shomen uchi :

Ikkyo, Nikyo, Sankyo, Yonkyo,
Gokyo, Irimi nage, Kote gaeshi

2.Kata dori :

Ikkyo, Nikyo,

3.Yokomen uchi : Irimi nage, Kote gaeshi

4.Ryote dori :

Kokyu ho

B - HANMI HANDACHI WAZA

1.Katate dori :

Ikkyo, Irimi nage, Kote gaeshi, Shiho nage,
Kaiten nage, Sumi otoshi,

2.Shomen uchi :

Irimi nage

3.Ryote dori :

Shiho nage

C - TACHI WAZA

1.Shomen uchi :

Ikkyo, Nikyo, Sankyo /uchi kaiten/, Yonkyo,
Irimi nage, Kote gaeshi, Jiyu waza

2.Yokomen uchi :

Ikkyo, Nikyo, Sankyo /uchi kaiten/, Yonkyo

Irimi nage, Kote gaeshi, Shiho nage

3.Cudan Tsuki :

Jiyu waza /Ikkyo, Sankyo, Irimi nage, Kote gaeshi/

4.Kata dori men uchi :

Ikkyo, Kote gaeshi, Shiho nage

5.Ryote dori :

Tenchi nage, Ude kime nage, Koshi nage

D – USHIRO WAZA

1.Katate dori Kubi shime :

Ikkyo

2.Ushiro ryote dori :

Ikkyo, Nikyo, Sankyo, Irim inage, Kote gaeshi,

Shiho nage

E – BUKI WAZA

1.Tanto dori

2.Tachi dori

3.Jo dori

4.Jo nage

5.Sannin gake / bokken-jo-tanto /

F – TANINZU GAKE

1.Sannin gake /3 napadača koji napadaju Ryo kata dori/

Ni dan – 2.Dan

A - SUWARI WAZA

1.Yokomen uchi :

Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Irimi nage
Kote gaeshi

B - HANMI HANDACHI WAZA

1.Katate dori :

Ikkyo, Nkyo, Irimi nage, Kote gaeshi, Shiho nage,
Kaiten nage

2.Ushiro ryo kata dori :

Ikkyo, Sankyo

C - TACHI WAZA

1.Ryote dori :

Tenchi nage, Koshi nage, Kokyu nage

2.Chudan Tsuki :

Jiyu waza

3.Yokome nuchi :

Ikkyo, Nikyo, Irimi nage, Kote gaeshi, Shiho nage

4.Kata dori men uchi :

Ikkyo, Shiho nage

D – USHIRO WAZA

1.Ushiro ryote dori :

Ikkyo, Nikyo, Irim inage, Kote gaeshi, Shiho nage,
Koshi nage

2.Ushiro ryo kata dori :

Ikkyo, Sankyo, Kote gaeshi

E – BUKI WAZA

1.Tachi dori shomen uchi

Kote gaeshi

2.Tachi dori shomen uchi

Kokyu nage

3.Tachi dori shomen uchi

Irimi nage

4.Tanto dori chudan tsuki

Kote gaeshi

5.Tanto dori yokomen uchi

Gokyo

6.Jo dori

7.Jo nage

F – TANINZU GAKE

1.Sannin gake /3 napadača koji napadaju Ryo kata dori/

San dan – 3.Dan

A - SUWARI WAZA

1.Kata dori :

Ikkyo

2.Katate dori

Irimi nage, Kote gaeshi, Shiho nage

3.Yokomen uchi :

Jiyu waza

4.Ryote dori :

Kokyu ho

B - HANMI HANDACHI WAZA

1.Katate dori :

Ikkyo, Irimi nage, Kote gaeshi, Shiho nage, Kaiten nage

2.Shomen uchi :

Jiyu waza

C - TACHI WAZA

1.Ryote dori :

Tenchi nage, Koshi nage, Kokyu nage

2.Chudan Tsuki :

Jiyu waza

3.Shomen uchi :

Ikkyo, Irimi nage, Jiyu waza

4.Yokomen uchi :

Ikkyo, Gokyo, Irimi nage, Kote gaeshi

5.Kata dori men uchi :

Ikkyo, Kote gaeshi, Shiho nage, Koshi nage

6.Morote dori

Irimi nage, Juji nage

D – USHIRO WAZA

1.Ushiro ryote dori :

Ikkyo, Nikyo, Sankyo, Yonkyo, Irimi nage, Shiho nage, Kote gaeshi, Koshi nage

2.Katate dori ushiro shime :

Ikkyo, Nikyo, Sankyo

E – KAESHI WAZA

1.Shomen uchi :

Ikkyo

2.Kata dori :

Nikyo ura

F – BUKI WAZA

1.Suburi

Ken, Jo

2.Tanto dori

3.Tachi dori

4.Jo dori

5.Jo nage

G – TANINZU GAKE

1.Gonin gake /5 napadača koji napadaju Ryo kata dori/

U Beogradu, 01.01.2000.god

Sensei Mirko Jovandić



Yon dan – 4.Dan

A - SUWARI WAZA

1.Kata dori :

Ikkyo,

2.Yokomen uchi :

Jiyu waza

3.Ryote dori :

Kokyu ho

B - HANMI HANDACHI WAZA

1.Katate dori :

Ikkyo, Irimi nage, Kote gaeshi, Shiho nage, Kaiten nage

2.Shomen uchi :

Jiyu waza

C - TACHI WAZA

1.Ryote dori :

Tenchi nage, Koshi nage, Kokyu nage

2.Chudan tski :

Jiyu waza

3.Jodan tski :

Jiyu waza (Irimi nage, Shiho nage, Soto kaiten nage, Koshi nage

4.Mae geri :

Jiyu waza

5.Shomen uchi :

Ikkyo, Irimi nage, Jiyu waza

6.Yokomen uchi :

Ikkyo, Gokyo, Irimi nage, Kote gaeshi

7.Kata dori men uchi :

Ikkyo, Shiho nage, Kote gaeshi, Koshi nage

8.Muna dori men uchi :

Ikkyo, Koshi nage

9.Morote dori :

Jiyu waza (Ikkyo, Irimi nage, Kote gaeshi, Shiho nage, Koshi nage, Juji garami)

D – USHIRO WAZA

1.Ushiro ryo kata dori :

Ikkyo, Nikyo, Sankyo

2.Eri dori men uchi :

Ikkyo, Sankyo, Irimi nage

3.Katate dori Kubi shime

Koshi nage

Hagai jime Jiyu waza

4.Hagai jime

Jiyu waza

E – FUTARI DORI

1.Katate ryote dori / tvoo uke /

F – BUKI WAZA

1.Suburi :

Ken, Jo

2.Tanto dori

3.Tachi dori

4.Jo dori

5.Jo nage

6.Ken versus ken

G – TANINZU GAKE

1.Sanin gake :

Ryo kata dori, Yokomen uchi, jiyu waza