
















Sho-Dan



															
	Katate-Tori Ai-Hanmi	Katate-Tori Gyaku-Hanmi	Ryote-Tori	Katate-Ryote Tori	Mune-Tori	Yoko- Kubi-Shime	Ushiro- Ryokata-Tori	Ushiro- Kakae-Tori	Ushiro- Ryote-Tori	Ushiro- Eri-Tori	Ushiro-Katate-Tori- Kubi-Shime	Ushiro- Kubi-Shime	Yokomen-Uchi	Shomen-Uchi	Shomen-Tsuki

Grundtechniken Kyu-Programm

Shiho-Nage	5.Kyu	5.Kyu	5.Kyu	5.Kyu	5.Kyu				4.Kyu				4.Kyu		
Ude-Osae (<i>ikkyo</i>)	5.Kyu	5.Kyu	5.Kyu	5.Kyu	5.Kyu		4.Kyu		4.Kyu	4.Kyu	4.Kyu		4.Kyu	4.Kyu	4.Kyu
Kaiten-Nage-Uchi	4.Kyu	4.Kyu											4.Kyu	4.Kyu	4.Kyu
Irimi-Nage	4.Kyu	4.Kyu	4.Kyu	4.Kyu					3.Kyu				3.Kyu	3.Kyu	3.Kyu
Kaiten-Nage-Soto	3.Kyu	3.Kyu												3.Kyu	3.Kyu
Kote-Mawashi (<i>nikkyo</i>)	3.Kyu	3.Kyu	3.Kyu	3.Kyu	3.Kyu		3.Kyu		3.Kyu	3.Kyu	3.Kyu		3.Kyu	3.Kyu	3.Kyu
Koshi-Nage			2.Kyu		2.Kyu	2.Kyu					2.Kyu	2.Kyu	2.Kyu	2.Kyu	2.Kyu
Aiki-Otoshi						2.Kyu	2.Kyu	2.Kyu							
Kote-Hineri (<i>sankyo</i>)	2.Kyu	2.Kyu	2.Kyu	2.Kyu	2.Kyu		2.Kyu		2.Kyu	2.Kyu	2.Kyu		2.Kyu	2.Kyu	2.Kyu
Kote-Gaeshi	1.Kyu	1.Kyu	1.Kyu	1.Kyu					1.Kyu				1.Kyu	1.Kyu	1.Kyu
Koshi - Nage - Hiji - Garami									1.Kyu						
Koshi - Nage - Kote - Hineri	1.Kyu	1.Kyu							1.Kyu						
Juji-Garami									1.Kyu		1.Kyu				
Tekubi-Osae (<i>yonkyo</i>)	1.Kyu	1.Kyu	1.Kyu	1.Kyu	1.Kyu		1.Kyu		1.Kyu	1.Kyu	1.Kyu		1.Kyu	1.Kyu	1.Kyu
Ude-Nobashi (<i>gokyo</i>)	1.Kyu	1.Kyu											1.Kyu		

Techniken 1. Dan

Tenchi-Nage			1.Dan		1.Dan					1.Dan			1.Dan	1.Dan	1.Dan
Sumi-Otoshi	1.Dan	1.Dan	1.Dan												
Kokyu-Nage			1.Dan	1.Dan			1.Dan	1.Dan			1.Dan		1.Dan	1.Dan	

Aiki - no - Kata (Katame - Waza)

Yiu - Waza (Juno-Geiko) - 1 Angreifer