

• WYMAGANIA EGZAMINACYJNE OSA •

STOPIEŃ: KYU	6. kyu	5. kyu	4. kyu	3. kyu	2. kyu
MINIMALNA ILOŚĆ GODZIN ZAJĘĆ I CZASU MIĘDZY EGZAMINAMI	30 godzin i 3 miesiące treningów	40 godzin i 4 miesiące treningów po 6. kyu	60 godzin i 5 miesięcy treningów po 5. kyu	80 godzin i 8 miesięcy treningów po 4. kyu	100 godzin i 10 miesięcy treningów po 3. kyu
ATAK:					
Shomen - uchi	Ikkyo [T] Irimi-nage [T]	Ikkyo [S] Nikyo [T] Kote-gaeshi [T]	Nikyo [S] Sankyo [T/S] Shiho-nage [T] Kote-gaeshi [S]	Yonnkyo [T] Kaiten-nage [T/S]	Gokyo [T/S] Ushiro-kiri-otoshi [T]
Yokomen - uchi			Shiho-nage [T]	Ikkyo-Sankyo [T/S] Irimi-nage [T]	Yonkyo - Gokyo [T/S] Kote-gaeshi [T]
Tsuki [dla 4,3 KYU chudan tsuki] [dla 2 KYU chudan, jodan tsuki]			Ikkyo [T] Kote-gaeshi [T]	Nikyo- Sankyo [T/S] Irimi-nage [T]	Yonkyo - Gokyo [T/S] Kaiten-nage [T] Ushiro-kiri-otoshi [T]
Katate - dori ai-hanmi	Ikkyo [T] Shiho-nage [T] Irimi-nage [T]	Nikyo [T] Kote-gaeshi [T]	Irimi-nage [T] Kokyu-nage [T]		Jiyu-waza [T]
Katate - dori		Ikkyo [T] Shiho-nage [T]	Nikyo [T] Shiho-nage [H] Kaiten-nage [T] Kokyu-nage [T]	Sankyo [T/S] Kote-gaeshi [T] Irimi-nage [T]	Ikkyo - Yonkyo [T/S]
Ryote - dori		Kokyu-ho [S]	Ikkyo [T/S] Shiho-nage [T/H] Tenchi-nage [T]	Nikyo, Sankyo [T] Irimi-nage [T]	Kokyu-nage [T]
Morote - dori			Kokyu-ho [T] Ikkyo [T]	Ikkyo, Nikyo [T] Shiho-nage [T]	Irimi-nage [T]
Kata - dori			Ikkyo [T/S]	Nikyo [T/S] Irimi-nage [T/S]	Jiyu-waza [T]
Kata - dori men-uchi				Ikkyo [T] Shiho-nage [T]	Nikyo [T] Kote-gaeshi [T] Irimi-nage [T/S]
Ushiro waza: • ryote-dori 3 KYU • ryohiji-dori, ryokata-dori 2 KYU • eri dori, katate dori kubi shime 1 KYU				Ikkyo, Nikyo [T] Shiho-nage [T] Kote-gaeshi [T]	Ikkyo - Sankyo [T] Irimi-nage [T]
Boku - to			Suburi: 1 - 7 Shiho giri	Awase - ho: 1 - 7	Kumi - tachi: 1 - 3 Hapo giri
Jo			Suburi: 1 - 12	Suburi: 1 - 20 Awase - ho: 1 - 4	Awase - ho: 1 - 8
Praca pisemna z teorii, historii, filozofii aikido			Wymagana	Wymagana	Wymagana

STOPIEŃ: KYU / DAN	1. kyu	1. Dan	2. Dan	3. dan
MINIMALNA ILOŚĆ REGULARNYCH ZAJĘĆ [CZAS] MIĘDZY EGZAMINAMI	100 godzin i 10 miesięcy treningów po 2. kyu	1,5 roku po 1. kyu	3 lata po 1. dan	4 lata po 2. dan
	<p>Wszystkie techniki od 6. kyu do 2. kyu oraz:</p> <ul style="list-style-type: none"> • Koshi nage • Uchikaiten Sankyo 	<p>Wszystkie techniki od 6. kyu do 1. kyu oraz:</p> <ul style="list-style-type: none"> • Uchikaiten Nage [T] • Aiki otoshi [T] • Hiji kime osae [T/S] • Ude garami [T] • Juji nage [T] 	<ul style="list-style-type: none"> • Osae-waza, • Nage-waza, • Jiyu-waza, • Sannin-dori • Ninin-dori • Futari-gake 	<ul style="list-style-type: none"> • Kansetsu-waza, • Kaishi-waza, • Jiyu-waza.
<p>Ushiro waza:</p> <ul style="list-style-type: none"> • ryote-dori • ryohiji-dori, ryokata-dori • eri dori, katate dori kubi shime 	Ikkyo - Gokyo [T]			
Tanto, Boku-to, Jo	<p>Tanto-dori</p> <p>Bokken: Kumi-tachi: 1 - 5, Ki musubi no tachi</p> <p>Jo: 1 - 4 Kumi-jo</p>	<p>Tachi-dori</p> <p>Jo: 1 - 7 Kumi-jo</p>	<p>Jo-dori</p> <p>Jo-kokyu-nage</p> <p>13 Jo kata</p>	31 Jo kata
Esej o tematyce Aikido	Wymagany	Wymagany	Wymagany	Wymagany

Uwagi:

Wszystkie techniki powinny być wykonywane irimi oraz tenkan, T – tachi-waza, S – suwari-waza, H – hanmi-handachi-waza