

6. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	ryōtedori	kokyū hō	
tachi waza	katatedori aihanmi	ikkyō	omote / ura
		irimi nage	
		kote gaeshi	
	katatedori gyakuhanmi	tai no henka	
		shihō nage	omote / ura
		sumi otoshi	
		kokyū hō	
Zusätzlich / Additional		Angriffe	alle Angriffe von diesem Programm / all attacks listed in this program
		ukemi	
		ashi sabaki	

5. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	shōmen uchi	irimi nage	kein osae lt. Hombu / no osae acc. to Hombu
		ikkyō	omote / ura
hanmi handachi waza	katatedori gyakuhanmi	irimi nage	
		sumi otoshi	
tachi waza	katatedori aihanmi	ikkyō	omote / ura
		nikkyō	omote / ura
	katatedori gyakuhanmi	irimi nage	
		kote gaeshi	
		udekime nage	
	ryōtedori	tenchi nage	
		shihō nage	omote / ura
		kokyū nage	
		kokyū hō	
	shōmen uchi	irimi nage	
		kote gaeshi	



4. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	shōmen uchi	kote gaeshi	osae
		nikkyō	omote / ura
hanmi handachi waza	katatedori gyakuhanmi	ikkyō	omote / ura
		nikkyō	omote / ura
tachi waza	katatedori aihanmi	kote gaeshi	
		sankyō	omote / ura
		yonkyō	omote / ura
		kaiten nage	
		jiyūwaza	
		kokyū hō	ko tai (wie Iriminage / like Iriminage)
	ryōtedori	ikkyō	omote / ura
		irimi nage	
		kote gaeshi	
	katate ryōtedori	ikkyō	omote / ura
		nikkyō	omote / ura
		kokyū nage	
	shōmen uchi	ikkyō	omote / ura
		nikkyō	omote / ura
		sankyō	omote / ura
		yonkyō	omote / ura
	shōmen uchi	irimi nage	
		kote gaeshi	
	chūdan tsuki	irimi nage	
		sumi otoshi	
		kote gaeshi	



3. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	shōmen uchi	sankyō	omote / ura
		yonkyō	omote / ura
hanmi handachi waza	katatedori gyakuhanmi	kokyū nage	
		sankyō	omote / ura
tachi waza	katatedori aihanmi	yonkyō	omote / ura
		koshi nage	
		sumi otoshi	
		kiri otoshi	
		kokyū hō	ju tai (wie Iriminage / like Iriminage)
		katatedori gyakuhanmi	ikkyō
		nikkyō	omote / ura
		sankyō	omote / ura
		yonkyō	omote / ura
		katate ryōtedori	udekime nage
		jūjigarami	
		katadori	ikkyō
		jiyūwaza	
		shōmen uchi	ikkyō
		nikkyō	omote / ura
		sankyō	omote / ura
		yonkyō	omote / ura
		gokyō	
		jiyūwaza	
		chūdan tsuki	hijikime osae
		shihō nage	
		kokyū nage	
		gokyō	
		jōdan tsuki	Ikkyo
	katamen uchi	ikkyō	omote / ura
		nikkyō	omote / ura
		sankyō	omote / ura
		yonkyō	omote / ura
		kokyū hō	



2. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	yokomen uchi	ikkyō	omote / ura
		nikkyō	omote / ura
hanmi handachi waza	katatedori gyakuhanmi	shihō nage	omote / ura
		kaiten nage	uchi / soto
		ryōtedori	shihō nage
		kokyū nage	
tachi waza	katatetori aihanmi	kokyū hō	ki tai (wie Iriminage / like Iriminage)
	katatedori gyakuhanmi	kaiten nage	uchi / soto
		aiki otoshi	
	ryōtedori	jiyūwaza	
	katate ryōtedori	sankyō	omote / ura
		yonkyō	omote / ura
		jiyūwaza	
	sodedori	jiyūwaza	
	shōmen uchi	sumi otoshi	
		shihō nage	
		koshi nage	
		udekime nage	
		kokyū nage	
	chūdan tsuki	udekime nage	
		kaiten nage	uchi / soto
	yokomen uchi	ikkyō	omote / ura
		nikkyō	omote / ura
		sankyō	omote / ura
		yonkyō	omote / ura
		udekime nage	
	katadori men uchi	irimi nage	
		kote gaeshi	
		shihō nage	
	ushiro ryōtedori	kokyū hō	
Zusätzlich / Additional	futaridori	jiyūwaza	2 Techniken / 2 techniques



1. Kyū

	Angriff	Technik / Technique	Erklärung / Explanation
suwari waza	yokomen uchi	sankyō	omote / ura
		yonkyō	omote / ura
		gokyō	omote / ura
hanmi handachi waza	ushiro ryōkatadori	ikkyō	omote / ura
		sankyō	omote / ura
		kokyū nage	
	shōmen uchi	irimi nage	
		ikkyō	
		kokyū nage	
tachi waza	katatedori gyakuhanmi	kokyū hō	
	katate ryōtedori	nikkyō	
	munedori	shihō nage	
	ushiro eridori	ikkyō	
		shihō nage	
		irimi nage	
	chūdan tsuki	jiyūwaza	
	yokomen uchi	irimi nage	
		kote gaeshi	
		sumi otoshi	
		shihō nage	
		kokyū nage	
	ushiro ryōtedori	ikkyō	omote / ura
		nikkyō	omote / ura
		sankyō	omote / ura
yonkyō		omote / ura	
irimi nage			
kote gaeshi			
shihō nage			
koshi nage			
jiyūwaza			
kokyū nage			
ushiro ryōkatadori	sankyō		
	jiyūwaza		
	sankyō		
ushiro ryōtedori kubishime	randori	3 Uke	
ryōtedori			
Sonderdinge	Freier Angriff / free attack	renraku henkawaza	
Waffen	tantodori	jiyūwaza	3 verschiedene Techniken / 3 different techniques
	jōdori	jiyūwaza	3 verschiedene Techniken / 3 different techniques
	jōsabaki	jiyūwaza	3 verschiedene Techniken / 3 different techniques
	tachidori	jiyūwaza	3 verschiedene Techniken / 3 different techniques



Anhang

Stances	
Furigana	Romanji
<small>すわりわざ</small> 座技	suwari waza
<small>はんみほんだちわざ</small> 半身半立技	hanmi handachi waza
<small>たちわざ</small> 立技	tachi waza

Attacks	
Furigana	Romanji
<small>かたてどり あいはんみ こうさどり</small> 片手取相半身(交差取)	katatedori aihanmi (kōsadoi)
<small>かたてどり ぎやくまんみ</small> 片手取逆半身	katatedori gyakuhanmi
<small>しょうめんうち</small> 正面打	shōmen uchi
<small>よこめんうち</small> 横面打	yokomen uchi
<small>りょうてどり</small> 両手取	ryōtedori
<small>かたて りょうてどり</small> 片手両手取	katate ryōtedori
<small>うしろ りょうてどり</small> 後両手取	ushiro ryōtedori
<small>うしろ りょうてどり くびし</small> 後両手取首締め	ushiro ryōtedori ku-bishime
<small>かたどり</small> 肩取	katadori
<small>かたどり めんうち</small> 肩取面打	katadori men uchi
<small>うしろりょう かたどり</small> 後両肩取	ushiro ryōkatadori
<small>そでどり</small> 袖取	sodedori
<small>むねどり</small> 胸取	munedori
<small>うしろ えりどり</small> 後襟取	ushiro eridori
<small>ちゅうだんつき</small> 中段突	chūdan tsuki
<small>じょうだんつき しょうめんつき</small> 上段突き(正面突)	jōdan tsuki (shōmen tsuki)
<small>たんとどり</small> 短刀取	tantodori
<small>じょうどり</small> 杖取	jōdori
<small>じょうさばき</small> 杖捌	jōsabaki
<small>たちどり</small> 太刀取	tachidori

Techniques	
Furigana	Romanji
<small>いっきょう</small> 一教	ikkyō
<small>にっきょう</small> 二教	nikkyō
<small>さんきょう</small> 三教	sankyō
<small>よんきょう</small> 四教	yonkyō
<small>ごきょう</small> 五教	gokyō
<small>しほうな</small> 四方投げ	shihō nage
<small>いりみな</small> 入身投げ	irimi nage
<small>かいてんな</small> 回転投げ	kaiten nage
<small>てんちな</small> 天地投げ	tenchi nage
<small>ごきゅうな</small> 呼吸投げ	kokyū nage
<small>うでき な てんびんな</small> 腕極め投げ(天秤投げ)	udekime nage (tenbin nage)
<small>こしな</small> 腰投げ	koshi nage
<small>すみお</small> 角落とし	sumi otoshi
<small>き お</small> 切り落とし	kiri otoshi
<small>あいきお</small> 合気落とし	aiki otoshi
<small>こてがえ</small> 小手返し	kote gaeshi
<small>ごきゅうほう</small> 呼吸法	kokyū hō
<small>らんどり</small> 乱取	randori
<small>ひじき おき ろつきょう</small> 肘極め抑え(六教/ 腕拉ぎ)	hijikime osae (rokkyō / ude hishigi)
<small>じゅうじがら な</small> 十字絡み投げ	jūjigarami nage
<small>れんらく へんかわざ</small> 連絡変化技	renraku henkawaza
<small>じゅうわざ</small> 自由技	jyūwaza

