

AIKIDO Prüfungstechniken bis zum 1. Kyu BVT	Tachi waza																Suwari waza					Hanmi handachi		
	Katate dori Ai hanmi	Katate dori Gyaku hanmi	Ryo sode dori	Ryote dori	Katate ryote dori	Mune dori	Kata dori menuchi	Shomen uchi	Yokomen uchi	Chudan tsuki	Jodan tsuki	Mae geri	Ushiro ryokata dori	Ushiro ryohiji dori	Ushiro ryote dori	Ushiro eri dori	Ushiro katate dori kubi shime	Shomen uchi	Yokomen uchi	Kata dori	Ryokata dori	Ryote dori	Katate dori	Ryote dori
Shiho nage	5 ^o _u	5 ^o _u		4 ^o _u	3 ^o _u	2 ^o _u	2 ^o _u	2 ^o _u	4 ^o _u	3 ^o _u	1 ^o _u				3 ^o _u		1 ^o _u						1 ^o _u	1 ^o _u
Irimi nage	6 _u	5 _u		3 _u	3 _u		2 _u	6 _u	4 _u	4 ^o _u	4 _u	2 _u			3 _u	1 _u	1 _u	5 _u						
Uchi kaiten nage		5 ^o _u								3 ^o _u													1 ^o _u	
Soto kaiten nage										3 _u	1 _u													
Aiki otoshi								1 _u							1 _u									
Koshi nage							2 _u		2 _u		1 _u				1 _u		2 _u							
Kote gaeshi	6 _u	4 ^o _u 5 _u		3 ^o _u	3 ^o _u		2 ^o _u	5 _u	4 ^o _u	5 _u	3 _u		2 ^o _u	2 ^o _u	3 ^o _u		1 ^o _u	3 _u						
Tenshi nage		4 _u		4 _u					4 _u							2 _u								
Ude kime nage		4 ^o _u		4 ^o _u						4 _u			2 ^o _u											
Kokyu nage		5 _u		3 _u	4 _u										1 _u									
Sumi otoshi								1 _u																
Ushiro kiri otoshi											1 _u													
Ashi barai												2 _u												
Juji garami					3 _u										3 _u									
Kokyu ho																					5 _u			
Ikkyo (ude osae)	6 ^o _u	5 ^o _u		4 ^o _u	4 ^o _u	2 ^o _u	2 ^o _u	6 ^o _u 5 _u	3 ^o _u	4 ^o _u	3 ^o _u		2 ^o _u		3 ^o _u	2 ^o _u	2 ^o _u	5 ^o _u	1 ^o _u	4 ^o _u	2 ^o _u		1 ^o _u	
Nikyo (kote mawashi)	5 ^o _u 6 _u	5 ^o _u			4 _u		2 ^o _u	4 ^o _u	3 ^o _u		2 ^o _u		2 ^o _u		1 ^o _u	1 ^o _u	1 ^o _u	4 ^o _u		4 ^o _u	2 ^o _u			
Sankyo (kote hineri)	4 ^o _u	3 ^o _u						4 ^o _u	3 ^o _u				2 ^o _u		1 ^o _u		1 ^o _u	3 ^o _u		3 ^o _u				
Uchi kaiten sankyo	4 _u	5 _u				2 _u		4 _u	3 _u	3 _u	2 _u				3 _u		2 _u							
Yonkyo (tekubi osae)		3 ^o _u						3 ^o _u	2 ^o _u						1 ^o _u			2 ^o _u						
Gokyo (ude nobashi)								3 _u	2 _u									2 _u						
Hiji kime osae		4 _u								4 _u					3 _u									
Ude garami		2 _u																						
Jiyu waza							2 _u	1 _u	1 _u			1 _u						1 _u						
Niningake – Jiyu waza			2 _u				1 _u																	

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6. Kyu			
<i>Tachi waza</i>	Katate dori Ai hanmi	Shiho nage Irimi nage Kote gaeshi Ikkyo (ude osae) Nikyo (kote mawashi)	Omote Ura Ura Omote & Ura Ura
	Shomen uchi	Ikkyo (ude osae)	Omote

5. Kyu			
<i>Tachi waza</i>	Katate dori Ai hanmi	Shiho nage Nikyo (kote mawashi)	Ura Omote
	Katate dori Gyaku hanmi	Shiho nage	Omote & Ura
		Irimi nage	Ura
		Uchi kaiten nage	Omote & Ura
		Kote gaeshi	Ura
		Kokyu nage	
		Ikkyo (ude osae)	Omote & Ura
		Nikyo (kote mawashi)	Omote & Ura
		Uchi kaiten sankyo	
	Shomen uchi	Kote gaeshi	Ura
		Ikkyo (ude osae)	Ura
	Chudan tsuki	Kote gaeshi	Ura
<i>Suware waza</i>	Shomen uchi	Irimi nage Ikkyo (ude osae)	Ura Omote & Ura
	Ryote dori	Kokyu ho	

4. Kyu			
<i>Tachi waza</i>	Katate dori Ai hanmi	Sankyo (kote hineri) Uchi kaiten sankyo	Omote & Ura
	Katate dori Gyaku hanmi	Kote gaeshi	Omote
		Tenshi nage	
		Ude kime nage Hiji kime osae	Omote & Ura
	Ryote dori	Shiho nage	Omote & Ura
		Tenshi nage	
		Ude kime nage Ikkyo (ude osae)	Omote & Ura Omote & Ura
	Katate ryote dori	Kokyu nage	
		Ikkyo (ude osae) Nikyo (kote mawashi)	Omote & Ura Ura
	Shomen uchi	Nikyo (kote mawashi) Sankyo (kote hineri) Uchi kaiten sankyo	Omote & Ura Omote & Ura
<i>Suware waza</i>	Yokomen uchi	Shiho nage Irimi nage Kote gaeshi Tenshi nage	Omote Ura Omote
	Chudan tsuki	Irimi nage	Omote & Ura
		Ude kime nage	Ura
		Ikkyo (ude osae) Hiji kime osae	Omote & Ura
	Jodan tsuki	Irimi nage	Ura
	Shomen uchi	Nikyo (kote mawashi)	Omote & Ura
	Kata dori	Ikkyo (ude osae) Nikyo (kote mawashi)	Omote & Ura Omote & Ura

3. Kyu			
<i>Tachi waza</i>	Katate dori Gyaku hanmi	Sankyo (kote hineri) Yonkyo (tekubi osae)	Omote & Ura Omote & Ura
	Ryote dori	Irimi nage Kote gaeshi Kokyu nage	Ura Omote
	Katate ryote dori	Shiho nage Irimi nage Kote gaeshi Juji garami	Omote Ura
	Shomen uchi	Yonkyo (tekubi osae) Gokyo (ude nobashi)	Omote & Ura
	Yokomen uchi	Ikkyo (ude osae) Nikyo (kote mawashi) Sankyo (kote hineri) Uchi kaiten sankyo	Omote & Ura Omote & Ura Omote & Ura
	Chudan tsuki	Shiho nage Uchi kaiten nage Soto kaiten nage Uchi kaiten sankyo	Omote Omote & Ura
	Jodan tsuki	Kote gaeshi Ikkyo (ude osae)	Ura Omote & Ura
	Ushiro ryote dori	Shiho nage Irimi nage Kote gaeshi Juji garami Ikkyo (ude osae) Uchi kaiten sankyo Hiji kime osae	Omote Ura Omote Omote Omote
<i>Suware waza</i>	Shomen uchi	Kote gaeshi Sankyo (kote hineri)	Ura Omote & Ura
	Kata dori	Sankyo (kote hineri)	Omote

2. Kyu			
Tachi waza	Katate dori Gyaku hanmi	Ude garami	
	Mune dori	Shiho nage	Omote
		Ikkyo (ude osae)	Omote & Ura
		Uchi kaiten sankyo	
	Kata dori menuchi	Shiho nage	Omote
		Irimi nage	Ura
		Koshi nage	
		Kote gaeshi	Omote
		Ikkyo (ude osae)	Omote & Ura
		Nikyo (kote mawashi)	Omote & Ura
	Shomen uchi	Shiho nage	Omote
		Jiyu waza	
	Yokomen uchi	Koshi nage	
Suwari waza		Yonkyo (tekubi osae)	Omote & Ura
		Gokyo (ude nobashi)	
	Jodan tsuki	Nikyo (kote mawashi)	Omote & Ura
		Uchi kaiten sankyo	
	Mae geri	Irimi nage	Ura
		Ashi barai	
	Ushiro ryokata dori	Kote gaeshi	Omote & Ura
		Ude kime nage	Omote
		Ikkyo (ude osae)	Omote & Ura
		Nikyo (kote mawashi)	Omote & Ura
Tachi waza Niningake		Sankyo (kote hineri)	Omote & Ura
	Ushiro ryohiji dori	Kote gaeshi	Omote
	Ushiro eri dori	Tenshi nage	
		Ikkyo (ude osae)	Omote & Ura
	Ushiro katate dori kubi shime	Koshi nage	
		Ikkyo (ude osae)	Omote & Ura
Tachi waza Niningake		Uchi kaiten sankyo	
Suwari waza	Shomen uchi	Yonkyo (tekubi osae)	Omote & Ura
		Gokyo (ude nobashi)	
Suwari waza	Ryokata dori	Ikkyo (ude osae)	Omote & Ura
		Nikyo (kote mawashi)	Omote & Ura
Tachi waza Niningake	Ryo sode dori	Jiyu waza	

1. Kyu			
<i>Tachi waza</i>	Shomen uchi	Aiki otoshi Sumi otoshi	
	Yokomen uchi	Jiyu waza	
	Chudan tsuki	Jiyu waza	
	Jodan tsuki	Shiho nage Soto kaiten nage Koshi nage Ushiro kiri otoshi Jiyu waza	Omote
	Mae geri	Jiyu waza	
	Ushiro ryote dori	Aiki otoshi Koshi nage Kokyu nage Nikyo (kote mawashi) Sankyo (kote hineri) Yonkyo (tekubi osae)	Omote & Ura Omote & Ura Omote & Ura
	Ushiro eri dori	Irimi nage Nikyo (kote mawashi)	Ura Omote & Ura
	Ushiro katate dori kubi shime	Shiho nage Irimi nage Kote gaeshi Nikyo (kote mawashi) Sankyo (kote hineri)	Omote Ura Omote Omote & Ura Omote & Ura
	<i>Suware waza</i>	Shomen uchi Yokomen uchi	Jiyu waza Ikkyo (ude osae) Omote & Ura
	<i>Hanmi handachi</i>	Katate dori	Shiho nage Uchi kaiten nage Ikkyo (ude osae) Omote & Ura Omote & Ura Omote & Ura
		Ryote dori	Shiho nage Omote & Ura
<i>Tachi waza</i> <i>Niningake</i>	Ryo sode dori Shomen uchi	Jiyu waza	