

# Hikari Aikidoklubb – Kyugraderingar - Tekniklista

## 6 kyu

### Tandokudosa

Ukemi	Mae
	Ushiro
Shikko	Mae
Ashisabaki	Tenkan ashi
	Irimitenkan ashi

### Sotaidosa

#### Tachiwaza

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
	Shihonage
	Iriminage
	Kotegaeshi
Ryotedori	Tenchinage
Gyakuhanmi katatedori	Tainotenkanho

#### Suwariwaza

Ryotedori	Kokyuho
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### Övrigt

Bära zori utanför mattan.

## 5 kyu

### Tandokudosa

Shikko	Ushiro
	Kaiten
Ashisabaki	Kaiten ashi
	Tenkai ashi

### Sotaidosa

#### Tachiwaza

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Shihonage
	Iriminage
	Kotegaeshi
	Uchikaitennage
	Sotokaitennage
	Kokyuho
	Kokyunage
	Udekimenage

### Övrigt

Bära keikogi korrekt

## 4 kyu

### Tandokudosa

Ukemi	Yoko
Shikko	Yoko
Ken	Chudan no kamae
	Jodan no kamae
	Hasso no kamae
	Wakigamae
	Gedan no kamae
	Hodoku no kamae
Jo	Tsune no kamae
	Honte no kamae
	Gyakute no kamae
	Hikiotoshi no kamae

### Sotaidosa

#### Suwariwaza

Shomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Iriminage
	Kotegaeshi

#### Tachiwaza

Aihanmi katatedori	Rokkyo (ude hishigi)(hijikimeosae)
	Udekimenage
Shomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Shihonage
	Iriminage
	Kotegaeshi
	Sotokaitennage

#### Kennotebiki

Aihanmi katatedori	Ikkyo
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#### Jonotebiki

Aihanmi katatedori	Ikkyo
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### Övrigt

Kunna utföra korrekt zarei och tachirei

Hikari Aikidoklubb – Kyugraderingar - Tekniklista

**3 kyu**

**Tandokudosa**

Ukemi	Tobikoshi
Ken	Kirioroshi
	Kesagiri
	Tsuki
Jo	Honto uchi
	Gyakute uchi
	Hikiotoshi uchi
	Kaeshi tsuki

**Sotaidosa**

*Suwariwaza*

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*Hanmi hantachiwaza*

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*Tachiwaza*

Aihanmi katatedori	Koshinage	
Ryotedori	Ikkyo	
	Nikyo	
	Sankyo	
	Shihonage	
	Iriminage	
	Kotegaeshi	
	Kokyuho	
	Jujigarami	
	Yokomenuchi	Ikkyo
		Nikyo
Sankyo		
Yonkyo		
	Gokyo	
	Shihonage	

*Kennotebiki*

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Uchikaitennage

*Jonotebiki*

Gyakuhanmi katatedori	Ikkyo
	Nikyo
	Uchikaitennage

*Kentaiken*

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
Shomenuchi	Iriminage

*Kentaijo*

Aihanmi katatedori	Ikkyo
	Nikyo
	Sankyo
Shomenuchi	Iriminage

**Övrigt**

Kunna lära ut korrekt reiho

Hikari Aikidoklubb – Kyugraderingar - Tekniklista

**2 kyu**

**Tandokudosa**

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**Sotaidosa**

*Suwariwaza*

Katadori                   Ikkyo  
                                   Nikyo  
                                   Sankyo  
                                   Yonkyo

*Hanmi hantachiwaza*

Gyakuhanmi katatedori   Ikkyo  
                                   Shihonage  
                                   Iriminage  
                                   Uchikaitennage  
                                   Kokyunage

*Tachiwaza*

Katadori                   Ikkyo  
                                   Nikyo  
                                   Sankyo  
                                   Yonkyo  
                                   Kokyunage

Shomenuchi               Koshinage  
 Gyakuhanmi katatedori   Sotomakikomi  
                                   Jiyuwaza

Aihanmi katatedori       Taiotoshi  
 Ryokatadori              Aikiotoshi  
                                   Aikinage

*Kentaiken*

Shomenuchi               Ikkyo  
 Gyakuhanmi katatedori   Nikyo  
                                   Sankyo

*Kentaijo*

Shomenuchi               Ikkyo  
 Gyakuhanmi katatedori   Nikyo  
                                   Sankyo

*Tachidori*

Shomenuchi               Rokkyo (ude hishigi)(hijikimeosae)  
                                   Shihonage  
                                   Kotegaeshi  
                                   Kokyuho  
                                   Kokyunage  
                                   Jujigarami

*Jodori*

Tsuki                       Rokkyo (ude hishigi)(hijikimeosae)  
                                   Shihonage  
                                   Kotegaeshi  
                                   Kokyuho  
                                   Kokyunage  
                                   Jujigarami

*Kennotebiki*

Aihanmi katatedori       Kotegaeshi  
                                   Udekimenage

*Jonotebiki*

Aihanmikatatedori       Kotegaeshi  
                                   Udekimenage

*Ken*

Sandanuchi (a)

**Övrigt**

Bära hakama korrekt.

Hikari Aikidoklubb – Kyugraderingar - Tekniklista

**1 kyu**

**Tandokudosa**

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**Sotaidosa**

*Suwariwaza*

Yokomenuchi	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Gokyo

*Hanmi hantachiwaza*

Ryotedori	Shihonage
Morotedori	Shihonage

*Tachiwaza*

Tsuki	Iriminage
	Kotegaeshi
	Sotokaitennage
	Koshinage
	Ushirokiritoshi
Morotedori	Kokyuhō
	Jiyuwaza
Ryotedori	Kokyunage
	Jiyuwaza

*Ushiwaza*

Ryotedori	Ikkyo
	Nikyo
	Sankyo
	Yonkyo
	Shihonage
	Iriminage
	Kotegaeshi
	Uchikaitennage
	Jujigarami
Katatekubishime	Sankyo

*Tantodori*

Tsuki	Sankyo
	Rokkyo (Ude hishigi)(Hijikimeosae)
	Kotegaeshi
Yokomenuchi	Gokyo
	Shihonage

*Kennotebiki*

Gyakuhanmi katatedori	Shihonage
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*Jonotebiki*

Gyakuhanmi	Shihonage
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*Kentaiken*

Yokomenuchi	Gokyo
	Shihonage
Gyakuhanmi katatedori	Kotegaeshi

*Kentaijo*

Yokomenuchi	Gokyo
	Shihonage
Gyakuhanmi katatedori	Kotegaeshi

*Ken*

Sandan uchi (b)
Yondan uchi

**Övrigt**

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