Aikido examen programma osaka aikikai hoofdkwartier - Ban Sen Juku

Dan & Kyu			'-- examen inhoud --											
			IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	SHIHO	IRIMI	KOTE GAESHI	KAITEN	TENCHI	JYU WAZA (vrij)	KOKYU HO
5 KYU	30 dagen	10 weken	Shomen uchi					katate dori	shomen uchi					suwari waza
4 KYU	40 dagen na 5 kyu	6 maand	Shomen uchi	kata dori				yokomen uchi	shomen uchi					suwari waza
3 KYU	50 dagen na 4 kyu	10 maand	shomen uchi: suwariwaza + tachi waza					ryote dori yokomen uchi	shomen uchi + tsuki			ryote dori		suwari waza
2 KYU	50 dagen na 3 kyu	14 maand	shomen uchi + kata dori: suwariwaza + tachi waza					katate dori (hanmi hantachi)	shomen uchi + tsuki + katate dori		katate dori	ryote dori	katate dori	suwari waza
1 KYU	60 dagen na 2 kyu	1,5 jaar	shomen uchi + yokomen uchi + kata dori:		suwari waza + tachi waza + hanmi hantachi waza		yokomen uchi	katate + ryote dori (hanmi hantachi) + tachi waza	shomen uchi + tsuki + katate dori			ryote dori	katate dori + ryote dori + morote dori	suwari waza + tachi waza
1 DAN	70 dg na 1 kyu + ouder dan 15 jr		toshyo giho (geen wapens) men + kata + mune + hiji + te ushiro + suwari w. + tachi w. + hanmi hantachi w.					+ verschillende variaties						
2 DAN	1 jaar shodan + > 200 lessen		jokini (upper techniques) + futari gake (2 partners) + tanto					geschreven beschrijving van uw impressie over aikido (vrij)						
3 DAN	2 jaar nidan + > 300 lessen		jokini (upper techniques) + tachi dori + jo dori taninzu gake (> 2 partners)					geschreven tekst over aikido						
4 DAN	2 jaar sandan + > 300 lessen		based on upper techniques + jyu waza (free)					aikido essay van verschillende pagina's						