

ODTÜ AİKİDO DOJOSU 4-3 KYU (DERECE) SINAVI TEKNİKLERİ

Suwariwaza

Kata Dori	İkkyo Nikkyo Sankyo Kokyunage
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Ryote Dori	Kokyuho
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Shomenuchi	İkkyo Nikkyo Sankyo İriminage Kotegaeshi
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Yokomenuchi	İkkyo İriminage Kotegaeshi
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Tachiwaza

Katate Dori	İkkyo Nikkyo Sankyo Yonkyo İriminage Kotegaeshi Shihonage Uchikaitennage Sotokaitennage Uchi Kaiten Nikkyo Tenshinage Koshinage Udekiminage Kokyunage Atemiwaza
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Kata Dori	İkkyo
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Chudan Tsuki	İriminage Kotegaeshi Udekiminage Hijikimeosae Soto Kaiten Nage
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Uchi Kaiten Nikkyo

Jodan Tsuki
Ikkyo
Kotegaeshi
Shihonage

Morote Dori
Ikkyo
Nikkyo
Iriminage
Kotegaeshi
Shihonage
Kokyunage

Ryote Dori
Ikkyo
Iriminage
Kotegaeshi
Shihonage
Tenchinage
Udekiminage
Kokyunage

Shomenuchi
Ikkyo
Nikkyo
Sankyo
Yonkyo
Gokyo
Iriminage
Kotegaeshi
Shihonage
Uchi Kaitennage
Soto Kaitennage
Uchi Kaiten Nikkyo

Yokomen Uchi
Ikkyo
Iriminage
Kotegaeshi
Shihonage
Uchi Kaiten Nage
Udekiminage

Ushirowaza

Ryote Dori
Ikkyo
Nikkyo
Sankyo
Kokyunage