

ODTÜ AİKİDO DOJOSU 5-4 KYU (DERECE) SINAVI TEKNİKLERİ

Suwariwaza

Kata Dori

İkkyo
Nikkyo
Kokyunage

Ryote Dori

Kokyuho

Shomenuchi

İkkyo
Nikkyo

Tachiwaza

Katate Dori

İkkyo
Nikkyo
Sankyo
İriminage
Kotegaeshi
Shihonage
Uchikaitennage
Sotokaitennage
Tenshinage
Udekiminage
Kokyunage

Chudan Tsuki

İriminage
Kotegaeshi
Udekiminage
Atemiwaza

Jodan Tsuki

İkkyo

Morote Dori

Ikkyo
Kokyunage

Ryote Dori

Ikkyo
Kotegaeshi
Iriminage
Tenchinage
Udekiminage

Shomenuchi

Ikkyo
Nikkyo
Iriminage
Kotegaeshi
Kokyunage

Yokomen Uchi

Iriminage
Kotegaeshi
Shihonage
Udekiminage