

ODTÜ AİKİDO DOJOSU 6-5 KYU (DERECE) SINAVI TEKNİKLERİ

Suwariwaza

Kata Dori

İkkyo

Shomenuchi

İkkyo

Tachiwaza

Katate Dori (Aihanmi ve Gyakuhanmi)

İkkyo

İriminage

Kotegaeshi

Shihonage

Uchikaitennage

Udekiminage

Kokyunage

Chudan Tsuki

İriminage

Kotegaeshi

Shomenuchi

İkkyo

Nikkyo

İriminage

Kotegaeshi

Kokyunage

Ryote Dori

Tenchinage