

**PRÜFUNGSPROGRAMM IWAMA SHINSHIN AIKI SHUREN KAI  
Augsburg**

	<b>6° Kyu</b>	<b>5° Kyu</b>	<b>4° Kyu</b>	<b>3° Kyu</b>	<b>2° Kyu</b>	<b>1° Kyu</b>
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**TAI JUTSU**

<b>Tai no henko</b>	Katate dori	Katate dori	Katate dori	Katate dori	Katate dori	Katate dori
<b>Koyku ho</b>	Morote dori	Morote dori	Morote dori	Morote dori	Morote dori	Morote dori
<b>Ikkyo</b>	Katate dori	Katate dori, Shomen uchi	Katate dori, Kata dori, Shomen uchi	4° Kyu , Shomen uchi suwari wasa	3° Kyu, Yokomen uchi	2° Kyu, Yokomen uchi suwariwasa
<b>Nikyo</b>						
<b>Sankyo</b>						
<b>Yonkyo</b>						
<b>Gokyo</b>						
<b>Shiho nage</b>		Katate dori	Ryote dori	Yokomen uchi	Shomen uchi	2 shu
<b>Kote gaeshi</b>		Kosa dori	Muna dori	Tsuki	Yokomen uchi	2 shu
				Shomen uchi	Katate dori	
<b>Kokyu nage</b>		Katate dori	Ryote dori	Ryokata dori	Ni shu	2 shu
<b>Irimi nage</b>			Shomen uchi	Katate dori	Yokomen uchi	2 shu
<b>Koshi nage</b>				Shomen uchi	Ryote dori	2 shu
<b>Kaiten nage</b>			Katate dori uchi		Katate dori soto	
<b>Tenchi nage</b>				Ryote dori		
<b>Ushiro waza</b>					1 shu	2 shu
<b>Hanmi handachi</b>					1 shu	2 shu
<b>Kokyu ho</b>	suwari wasa	suwari wasa	suwari wasa	suwari wasa	suwari wasa (2 shu)	suwari wasa (3 shu)
<b>Ukemi</b>	Mae Ukemi	Ushiro Ukemi			Tobi Ukemi	
<b>Jiyu waza</b>			Hitori	Hitori	Hitori	Hitori

**BUKI WASA**

<b>Aikiken</b>	Ichi no Suburi	Suburi nanahon	Suburi nanahon	Suburi nanahon	Suburi nanahon	Suburi nanahon
			Migi no awase	Happo giri	Happo giri 2	Happo giri 1, 2, 6 & 7
			Hidari no awase	Go no awase	Roku no awase	
						Shichi no awase
<b>Aikijo</b>		Roku no jo	Suburi	Suburi	Suburi:	Suburi ni juppon
			tsuki gohon	uchikomi gohon	Katate san bon	Jusan no jo kata
			Sanjuichi no jo kata		hasso gaeshi gohon	
<b>Jo dori</b>						2 shu
<b>Tachi dori</b>						2 shu
<b>Tanken dori</b>					2 shu	2 shu