

## **AIKIAN OSLO PENSUM 6. Kyu**

**Ukemi** (mae, ushiro)

**Ikkyo undo** (mae, ushiro)

**Shikko** (mae)

**Taisabaki** (tenkan, irimi tenkan, kaiten)

### **TACHI WAZA**

**Ikkyo** - Ai hanmi katate dori - (omote/ura)

**Shiho nage** - Guaky hanmi katate dori (omote/ura)

**Irimi nage** - Shomen uchi (ura)

**Tai no tenkan ho** - Guaky hanmi katate dori/kokyu nage

### **SUWARI WAZA**

**Kokyo ho** - Ryote dori