

AIKIAN OSLO PENSUM 2. Kyu

Bokken uchikomi (hanmi, zengo, shiho, happo)

Bokken uchikomi tsuki (hanmi, zengo, shiho, happo)

Bokken uchikomi fumikomi tsuki (hanmi, zengo, shiho, happo)

13 no jo (hidari, migi)

Inklusive 3. Kyu

TACHI WAZA

Ikkyo - Kata dori men uchi, Ushiro ryo kata dori, Ushiro ryo hiji dori, Chudan tsuki

Nikyo - Kata dori men uchi, Ushiro ryo kata dori

Sankyo - Katate dori, Kata dori, Kata dori men uchi, Ushiro ryo kata dori

Yonkyo - Katate dori, Kata dori

Gokyo - Yokomen uchi

Kote gaeshi - Ryote dori, Kata dori men uchi

Shiho nage - Kata dori men uchi, Shomen uchi

Irimi nage - Katate ryote dori, Ryote dori, Chudan tsuki, Kata dori men uchi

Soto kaiten nage - Shomen uchi

Uchi kaiten nage - Shomen uchi

Kokyo nage - Diverse slag

Hiji kime osai - Jodan tsuki

Sumi otoshi - Katate dori

Aiki otoshi - Katate dori

Koshi nage - Ai hanmi katate dori, Katate dori

Juji garami nage - Ushiro ryote dori

Sokumen irimi nage - Ryo kata dori, Ushiro ryote dori, Ushiro ryo kata dori

SUWARI WAZA

Ikkyo - Ryo kata dori, Yokomen uchi

Nikyo - Ryo kata dori, Yokomen uchi

Sankyo - Kata dori, Yokomen uchi

Yonkyo - Yokomen uchi

Gokyo - Yokomen uchi

Kote gaeshi - Katate dori

Irimi nage - Katate dori, Yokomen uchi

HANMI HADACHI WAZA

Kote gaeshi - Shomen uchi

Shiho nage - Ryote dori

Soto kaiten nage - Katate dori