

AIKIAN OSLO PENSUM 4. Kyu

Ikkyo undo (happo)

Shikko (kaiten)

7 Bokken suburi

Inklusive 5. Kyu

TACHI WAZA

Ikkyo - Katate dori, Kata dori

Nikyo - Kata dori, Katate dori, Ai hanmi katate dori

Sankyo - Ushiro ryote dori, Ai hanmi katate dori

Kote gaeshi - Ai hanmi katate dori, Shomen uchi, Katate dori

Shiho nage - Yokomen uchi

Irimi nage - Katate dori

Tenchi nage - Ryote dori

Uchi kaiten nage - Katate dori

Kokyo nage - Katate dori

Ude kime nage - Ai hanmi katate dori, Yokomen uchi

Sokumen irimi nage - Katate dori

SUWARI WAZA

Ikkyo - Ai hanmi katate dori, Shomen uchi

Irimi nage - Ai hanmi katate dori, Shomen uchi