

AÏKIDO - Techniques par attaque

Ai hanmi katate dori

Tachi waza

Ikkyo
Irimi nage
Koshi nage
Kote gaeshi
Nikyo
Sankyo
Shiho nage
Ude kime nage

Suwari waza

Ikkyo
Irimi nage

Chudan tsuki

Tachi waza

Ikkyo
Irimi nage
Koshi nage
Kote gaeshi
Nikyo
Sankyo
Soto kaiten nage
Uchi kaiten nage

Jodan tsuki

Tachi waza

Hiji kime osae
Ikkyo
Irimi nage
Nikyo
Sankyo
Shiho nage
Soto kaiten nage
Uchi kaiten nage

Kata dori

Tachi waza

Ikkyo
Nikyo
Sankyo
Yonkyo

Suwari waza

Ikkyo
Nikyo
Sankyo

Hanmi handachi waza

Soto kaiten nage

Katadori men uchi

Tachi waza

Ikkyo
Irimi nage
Kote gaeshi
Nikyo
Sankyo
Shiho nage

katate dori (Gyaku hanmi)

Tachi waza

Aikiotoshi
Ikkyo
Irimi nage
Kokyu
Koshi nage
Kote gaeshi
Nikyo
Sankyo
Shiho nage
Sokumen irimi nage
Sumi otoshi
Tenchi nage
Uchi kaiten nage
Ude kime nage
Yonkyo

Suwari waza

Ikkyo
Irimi nage
Kote gaeshi
Nikyo

Hanmi handachi waza

Nikyo
Shiho nage
Uchi kaiten nage

Katate ryote dori

Tachi waza

Ikkyo
Irimi nage
Juji garami
Kokyu Ho
Kote gaeshi
Nikyo
Ude kime nage

Muna dori

Tachi waza

Shiho nage

Ryokata dori

Tachi waza

Sokumen irimi nage

Suwari waza

Ikkyo
Nikyo

Ryote dori

Tachi waza

Ikkyo
Irimi nage
Kote gaeshi
Shiho nage
Tenchi nage

Suwari waza

Kokyu Ho

Hanmi handachi waza

Shiho nage

Shomen uchi

Tachi waza

Gokyo
Ikkyo
Irimi nage
Kote gaeshi
Nikyo
Sankyo
Shiho nage

Suwari waza

Soto kaiten nage
Uchi kaiten nage
Yonkyo

Suwari waza

Gokyo
Ikkyo
Nikyo
Irimi nage
Kote gaeshi
Sankyo
Yonkyo

Hanmi handachi waza

Gokyo
Ikkyo
Nikyo
Irimi nage
Kote gaeshi

Ushiro eri dori

Tachi waza

Kote gaeshi
Shiho nage

Ushiro katate dori kubi shime

Tachi waza

Kote gaeshi
Shiho nage

Ushiro ryohiji dori

Tachi waza

Ikkyo

Ushiro ryokata dori

Tachi waza

Ikkyo
Nikyo
Sankyo
Sokumen irimi nage

Ushiro ryote dori

Tachi waza

Ikkyo
Irimi nage
Juji garami
Kote gaeshi
Nikyo
Sankyo
Shiho nage
Sokumen irimi nage
Ude kime nage

Yokomen uchi

Tachi waza

Gokyo
Ikkyo
Irimi nage
Kote gaeshi
Nikyo
Sankyo
Shiho nage
Ude kime nage
Yonkyo

Suwari waza

Gokyo
Ikkyo
Irimi nage
Kote gaeshi
Nikyo
Sankyo
Yonkyo