

AïKIDO - Techniques par grade

5^e Kyu

Tachi waza

Ai hanmi katate dori
Ikkyo
Irimi nage (omote)
Shiho nage
Katate dori (Gyaku hanmi)
Shiho nage
Tenchi nage
Shomen uchi
Ikkyo
Irimi nage (omote)

Suwari waza

Ryote dori
Kokyu ho

3^e Kyu

Tachi waza

Toutes les attaques
Kokyu
Katate ryote dori
Ikkyo
Kokyu ho
Kote gaeshi (omote)
Nikyo (omote - ura)
Ude kime nage
Ryote dori
Ikkyo
Shiho nage (omote - ura)
Shomen uchi
Nikyo
Sankyo (omote - ura)
Yonkyo

Ushiro ryote dori

Ikkyo (omote - ura)
Irimi nage (omote)
Kote gaeshi (omote)
Nikyo
Shiho nage (omote - ura)
Ude kime nage
Yokomen uchi
Ikkyo (omote - ura)
Irimi nage (omote)
Kote gaeshi (omote)
Nikyo
Sankyo (omote - ura)
Yonkyo (omote - ura)

Suwari waza

Kata dori
Ikkyo
Nikyo
katate dori (Gyaku hanmi)
Ikkyo
Nikyo
Shomen uchi
Ikkyo (omote - ura)
Kote gaeshi
Sankyo
Yonkyo (omote - ura)

Hanmi handachi waza

katate dori (Gyaku hanmi)
Shiho nage (omote - ura)
Uchi kaiten nage
Shomen uchi
Irimi nage

2^e Kyu

Tachi waza

Toutes les attaques
Kokyu
Ai hanmi katate dori
Koshi nage
Chudan tsuki
Ikkyo
Irimi nage (omote)
Jodan tsuki
Hiji kime osae
Kata dori
Sankyo
Yonkyo (omote - ura)
Katadori men uchi
Ikkyo
Irimi nage
Kote gaeshi

Nikyo

Sankyo

Shiho nage

katate dori (Gyaku hanmi)

Aïkiotoshi

Koshi nage

Sankyo (omote - ura)

Sumi otoshi

Yonkyo

Katate ryote dori

Irimi nage (omote)

Ryokata dori

Sokumen irimi nage

Ryote dori

Irimi nage (omote)

Kote gaeshi

Shomen uchi

Shiho nage (omote)

Soto kaiten nage (omote)

Uchi kaiten nage

Ushiro ryohiji dori

Ikkyo

Ushiro ryokata dori

Ikkyo

Nikyo

Sankyo

Sokumen irimi nage

Ushiro ryote dori

Juji garami

Sokumen irimi nage

Yokomen uchi

Gokyo

Hanmi handachi waza

Katate dori

Soto kaiten nage

Ryote dori

Shiho nage (omote - ura)

Shomen uchi

Kote gaeshi

Suwari waza

Kata dori
Sankyo
katate dori (Gyaku hanmi)
Irimi nage
Kote gaeshi
Ryokata dori
Ikkyo
Nikyo
Yokomen uchi
Gokyo
Ikkyo
Irimi nage
Nikyo
Sankyo
Yonkyo

4^e Kyu

Tachi waza

Ai hanmi katate dori
Kote gaeshi
Nikyo
Sankyo
Ude kime nage
Kata dori
Ikkyo
Nikyo (omote - ura)
Katate dori (Gyaku hanmi)
Ikkyo
Nikyo (omote - ura)
Kote gaeshi (omote)
Irimi nage (omote)
Ude kime nage
Sokumen irimi nage
Uchi kaiten nage (omote)
Kokyu
Ryote dori
Tenchi nage (omote)
Shomen uchi
Kote gaeshi (omote)
Ushiro ryote dori
Sankyo (omote - ura)
Yokomen uchi
Shiho nage (omote - ura)
Ude kime nage

Suwari waza

Ai hanmi katate dori
Ikkyo
Irimi nage
Shomen uchi
Ikkyo
Irimi nage

1^{er} Kyu

Tachi waza

Chudan tsuki
Kote gaeshi (omote - ura)
Nikyo
Sankyo
Soto kaiten nage (omote)
Uchi kaiten nage
Jodan tsuki
Ikkyo
Irimi nage
Nikyo
Sankyo
Shiho nage
Soto kaiten nage
Uchi kaiten nage
Katate ryote dori
Juji garami
Muna dori
Shiho nage
Shomen uchi
Gokyo
Ushiro eri dori
Ikkyo
Kote gaeshi
Shiho nage
Ushiro katate dori kubi shime
Kote gaeshi
Shiho nage
Suwari waza
Shomen uchi
Gokyo
Yokomen uchi
Kote gaeshi
Hanmi handachi waza
katate dori (Gyaku hanmi)
Nikyo
Shomen uchi
Gokyo
Ikkyo
Nikyo