

PRÜFUNGSANFORDERUNGEN DER USAF

5. KYU (60 Tage)

Shomenuchi Ikkyo
Shomenuchi Iriminage
Katatetori Shihonage
Ryotetori Tenchinage
Tsuki Kotegaeshi
Ushiro Tekubitori Kotegaeshi
Morotetori Kokyuhu

4. KYU (80 Tage)

Shomenuchi Nikkyo
Yokomenuchi Shihonage
Tsuki Iriminage
Ushiro Tekubitori Sankyo
Ushiro Ryokatatori Kotegaeshi
Suwari waza Shomenuchi Ikkyo
Suwari waza Katatori Nikkyo
Suwari waza Katatori Sankyo

3. KYU (100 Tage)

Yokomenuchi Iriminage (2 Varianten)
Yokomenuchi Kotegaeshi
Tsuki Kaitennage (Uchi & Soto)
Ushiro Ryokatatori Sankyo
Morotetori Iriminage (2 Varianten)
Shomenuchi Sankyo
Suwari waza Shomenuchi Iriminage
Suwari waza Shomenuchi Nikkyo
Hanmi handachi Katatetori Shihonage
Hanmi handachi Katatetori Kaitennage

2. KYU (200 Tage)

Shomenuchi Shihonage
Shomenuchi Kaitennage
Yokomenuchi Gokyo
Ushiro Tekubitori Shihonage

Ushiro Tekubitori Jujinage
Ushiro Kubishime Koshinage
Morotetori Nikkyo
Hanmi handanchi Shomenuchi Iriminage
Hanmi handanchi Katatetori Nikkyo
Hanmi handanchi Yokomenuchi Kotegaeshi
Freier Angriff: 2 Angreifer

1. KYU (300 Tage)

Katatori menuchi – 5 Techniken
Yokomenuchi – 5 Techniken
Morotetori – 5 Techniken
Shomenuchi – 5 Techniken
Ryotetori – 5 Techniken
Koshinage – 5 Techniken
Hanmi handachi Ushiro Waza – 5 Techniken
Tantotori
Freier Angriff: 3 Angreifer

SHODAN (400 Tage)

Alle 1. Kyu Techniken
Tachitori
Jotori
Henka Waza
Freier Angriff: 4 Angreifer

NIDAN (600 Tage)

Alle Shodan Techniken
Tachitori – 2 Angreifer
Kaeshi Waza
Freier Angriff: 5 Angreifer

SANDAN (700 Tage)

Techniken werden vom Prüfer am Tag der Prüfung bestimmt

Danprüfungen werden während internationalen Lehrgängen von Yamada Sensei (8. Dan Shihan, New York Aikikai) abgenommen.