

# Yoshinkan Seiseikai Aikido

## Techniki egzaminacyjne dla dorosłych

### 8 - 6 kyu:

1. Shomenuti ikkayo osae iti, ni
2. Katatemoti shihonage osae iti, ni
3. Katatemoti nikkayo osae iti
4. Ryotemoti tentinage
5. Ushiwaza ryotemoti sokumen iriminage osae iti
6. hiriki no yosei iti, ni
7. kyu resigned waza – tylko do 6 kyu

### 5 - 3 kyu:

1. Shomenuti nikkayo osae ni
2. Shomenuti sankkayo osae iti; ni
3. Shomenuti shihonage
4. Ganmen tsuki hijiosae ni
5. ushirowaza ryotemochi aikinage
6. Kyu resigned waza
7. Kyu resigned waza
8. Tai no henka iti, ni

### 2 - 1 kyu {shodan}:

1. Katatemoti ikkayo osae iti; ni
2. Ushiwaza katate mae eri moti sankayo nage
3. Kata moti kokyunage
4. Katatemoti iriminage sokumen osae iti
5. Hanmi handiti shihonage sokumen
6. Morotemoti tai no henka kokyunage
7. Kyu resigned waza
8. Kyu resigned waza
9. Shumatsudosa iti, ni
10. Mune moti jiyu waza

### Kyu designated waza list:

1. Yokomenuti shihonage iti; ni
2. Yokomenuti ikkayo iti; ni
3. Munemochi nikkayo iti; ni
4. Yokomenuti sankkayo iti; ni
5. Shomenuti yonkkayo iti; ni
6. Shomenuti shomen iriminage iti; ni
7. Shomenuti hiji shime iti; ni
8. Shomenuti kote gaeshi iti; ni

### Shodan {nidan}

1. Hiriki no yousei iti, ni
2. Tai no henkou iti, ni
3. Shumatsu dosa iti, ni
4. Ishiwaza ryotemoti shiho nage ni
5. Yokomenuti sokumen iriminage iti
6. Yokomenuti hijiate kokyuu nage iti
7. Suwariwaza yokomenuti yonkajo osae ni
8. Shoumenuti hijiate kokyuu nage
9. Ushiwaza erimoti hiji sime
10. Shoumenuti tai no henkou kouhou taosi
11. Suwariwaza ryotemochi tenti nage
12. Dan resigned waza
13. Dan resigned waza
14. Designated jiyuu waza (shite, uke)
15. Futari tori jiyuu waza (sude, tanto)

### Dan designated waza

1. Ushiwaza katate erimoti ikkajo osae iti
2. Katatemoti nikkajo hijisime ni
3. Katatemoti nikkajo kaiten nage ni
4. Sodemoti nikkajo tenkan osae ni
5. Hijimoti nikkajo osae ni
6. Kata moti nikkajo osae ni
7. Suwariwaza ryotemoti nikkajo osae ni
8. Suwariwaza yokomenuti nikkajo osae ni
9. Katatemoti sankajo osae kuguri
10. Munemoti sankajo osae iti
11. Munemoti sankajo osae ni
12. Munemoti sankajo osae kuguri
13. Yokomenuti utiuke sankajo osae iti
14. Suwariwaza yokomenuti sankajo osae iti
15. Yokomenuti sankajo osae iti
16. Ushiwaza ryotemoti sankajo osae iti
17. Ushirodaki sankajo nage
18. Katamoti yokomenuti shihonage iti
19. Yokomenuti shihonage iti
20. Katamoti sokumen irimi nage iti
21. Shoumenuti sokumen irimi nage ni
22. Shoumen tuki kotogaesi iti
23. Yokomenuti kotogaesi iti
24. Erimoti hiji sime ni (chyba ushiro)
25. Suwariwaza ryotemoti hiji ate kokyunage ni
26. Katatemoti hiji mage kouhou nage ni
27. Ryotemoti tai no henkou kokyuu nage
28. Hanmi hantati shihonage shoumen

### Dan designated jiyuu waza

1. Shoumen uti jiyuu waza
2. Yokomen uti jiyuu waza
3. Katate moti jiyuu waza
4. Ryoute moti jiyuu waza
5. Shoumen tuki jiyuu waza
6. Kata moti jiyuu waza
7. Ushiwaza ryote moti jiyuu waza
8. Ushiwaza ryohiji moti jiyuu waza
9. Ushiwaza ryokata moti jiyuu waza
10. Tanto tori jiyuu waza
11. Tachi tori jiyuu waza

### **Nidan {sandan}**

- 1.Hiriki no yousei iti, ni
- 2.Tai no henkou iti, ni
- 3.Shumatsu dosa iti, ni
- 4.Suwariwaza shoumenuti ikkajo osae iti
- 5.Katamoti nikkajo osae iti
- 6.Shoumenuti sankajo osae iti
- 7.Shoumenuti yonkajo osae iti
- 8.Hanmi handiti shihonage {application}
- 9.Shoum tuki ude karami nage (aomuke osae)
- 10.Yokomenuti hiji katami
- 11.Dan resignatet waza
- 12.Dan resignatet waza
- 13.Designated jiyuu waza (shite, uke)
- 14.Designated jiyuu waza (shite, uke)
- 15.Sannin tori jiyuu waza (sude, tanto, titi)

### **Sandan {yondan}**

- 1.Suwariwaza katamoti itikajo hiji sime iti
- 2.Katate ayamoti nijako osae ni
- 3.Suwariwaza katamoti nijako hiji sime iti
- 4.Katamoti sankajo osae iti
- 5.Suwariwaza shoumenuti sankajo osae ni
- 6.Yokomenuti yonkajo osae ni
- 7.Shoumentuki katate irimi tuki
- 8.Usirowaza ryohijimoti iriminage
- 9.Yokomenuti ude seoi hijiate nage
- 10.Dan designated waza
- 11.Dan designated waza
- 12.Designated jiyuu waza (shite, uke)
- 13.Designated jiyuu waza (shite, uke)
- 14.Sannin tori jiyuu waza (sude, tantou, titi)

### **Dan designated waza**

- 1.Ushirowaza katate erimoti ikkajo osae iti
- 2.Katatemoti nikkajo hijisime ni
- 3.Katatemoti nikkajo kaiten nage ni
- 4.Sodemoti nikkajo tenkan osae ni
- 5.Hijimoti nikkajo osae ni
- 6.Kata moti nikkajo osae ni
- 7.Suwariwaza ryotemoti nikkajo osae ni
- 8.Suwariwaza yokomenuti nikkajo osae ni
- 9.Katatemoti sankajo osae kuguri
- 10.Munemoti sankajo osae iti
- 11.Munemoti sankajo osae ni
- 12.Munemoti sankajo osae kuguri
- 13.Yokomenuti utiuke sankajo osae iti
- 14.Suwariwaza yokomenuti sankajo osae iti
- 15.Yokomenuti sankajo osae iti
- 16.Ushirowaza ryotemoti sankajo osae iti
- 17.Ushirodaki sankajo nage
- 18.Katamoti yokomenuti shihonage iti
- 19.Yokomenuti shihonage iti
- 20.Katamoti sokumen irimi nage iti
- 21.Shoumenuti sokumen irimi nage ni
- 22.Shoumen tuki kotogaesi iti
- 23.Yokomenuti kotogaesi iti
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- 26.Katatemoti hiji mage kouhou nage ni
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- 8.Ushirowaza ryohiji moti jiyuu waza
- 9.Ushirowaza ryokata moti jiyuu waza
- 10.Tanto tori jiyuu waza
- 11.Tachi tori jiyuu waza