

Passage de grades

Aikido Fribourg
Dojo de Marly

Niveau : 1 dan

Technique

Suwariwaza	Shomen-uchi	Ikkyo (omote-ura) Nikyo (omote-ura) Sankyo (omote-ura) Yonkyo (omote-ura) Gokyo Irimi-nage (omote-ura) Kote-gaeshi
Hanmi-Hantachi Waza	Katate-dori	Ikkyo (omote-ura) Nikyo (omote-ura) Kote-gaeshi Irimi-nage Shiho-nage (omote-ura) Uchikaiten-nage (omote-ura) Sotokaiten-nage (omote-ura)
	Ushiro Ryokata-Dori	Sankyo Kote-gaeshi Kokyu-nage
Tachiwaza	Shomen-uchi	Ikkyo (omote-ura) Nikyo (omote-ura) Sankyo (omote-ura) Yonkyo (omote-ura) Gokyo Kote-gaeshi (omote-ura) Shiho-nage (omote-ura)

		Irimi-nage (omote-ura)
		Koshi-nage
	Yokomen-uchi	Ikkyo (omote-ura)
		Nikyo (omote-ura)
		Sankyo (omote-ura)
		Yonkyo (omote-ura)
		Gokyo
		Kote-gaeshi (omote-ura)
		Shiho-nage (omote-ura)
		Irimi-nage (omote-ura)
		Koshi-nage
	Kata-dori Men-uchi	Ikkyo (omote-ura)
		Nikyo (omote-ura)
		Kote-gaeshi
		Shiho-nage
		Irimi-nage (omote-ura)
		Koshi-nage
	Chudan-tsuki	Jiyu-waza
	Jodan-tsuki	Jiyu-waza
Ushiro-waza	Ryote-dori	Ikkyo (omote-ura)
		Nikyo (omote-ura)
		Sankyo (omote-ura)
		Yonkyo (omote-ura)
		Kote-gaeshi (omote-ura)
		Shiho-nage (omote-ura)
		Irimi-nage (omote-ura)
		Kokyu-nage

		Koshi-nage
Tanto-dori	Chudan-tsuki Shomen-uchi Yokomen-uchi	Jiyu-waza
Jo-dori		Jiyu-waza
Jo-nage		Jiyu-waza
Taninzu-gake		2 ataquants