

Programme des examens 2016 (Provisoire)
Aïkido Fribourg

6^{ème} Kyu

Suwariwaza	Ryotedori	Kokyu-ho	
Tachiwaza	Shomen-uchi	Ikkyo	omote/ura
	Aihanmi Katate-dori	Ikkyo Kote-gaeshi Shiho-nage Irimi-nage Kokyu-nage (divers)	omote/ura omote/ura omote/ura omote/ura
	Gyakuhanmi Katate-dori	Shiho-nage Kokyu-nage (divers)	omote/ura

5^{ème} Kyu

Suwariwaza	Shomen-uchi	Ikkyo	omote/ura
Tachiwaza	Shomen-uchi	Nikyo Irimi-nage Kokyu-nage (divers)	omote/ura omote/ura
	Aihanmi Katate-dori	Nikyo	omote/ura
	Gyakuhanmi Katate-dori	Ikkyo Tenchi-nage Irimi-nage Kote-gaeshi Kokyu-ho	omote/ura omote/ura omote/ura (ura) omote/ura
	Ryote-dori	Tenchi-nage	omote/ura
	Chudan-tsuki	Irimi-nage Kote-gaeshi Kokyu-nage (divers)	omote/ura (ura)
	Morote-dori	Kokyu-ho Kokyu-nage	omote/ura

4^{ème} Kyu

Suwariwaza	Shomen-uchi	Nikyo Iriminage	omote/ura (ura)
	Kata-dori	Ikkyo	omote/ura
Tachiwaza	Shomen-uchi	Sankyo Kote-gaeshi Uchikaiten-sankyo	omote/ura
	Yokomen-uchi	Ikkyo, Nikyo Shiho-nage Irimi-nage Kote-gaeshi	omote/ura omote/ura omote/ura omote/ura
	Chudan-Tsuki	Shiho-nage Udekime-nage	(ura) (ura)
	Aihanmi Katate-dori	Sankyo	omote/ura
	Gyakuhanmi Katate-dori	Nikyo, Sankyo Kote-gaeshi	omote/ura s/ dégageant
	Kata-dori	Ikkyo	omote/ura
	Ryote-dori	Ikkyo Shiho-nage Kokyu-nage (divers)	omote/ura omote/ura
	Morote-dori	Kote-gaeshi	(omote)
	Ushiro Ryote-dori	Ikkyo Kote-gaeshi Kokyu-nage (divers)	omote/ura omote/ura

3^{ème} Kyu

Suwariwaza	Shomen-uchi	Sankyo Kote-gaeshi	omote/ura
	Kata-dori	Nikyo, Sankyo	omote/ura
Hanmi-hantachiwaza	Gyakuhanmi Katate-dori	Shiho-nage Uchikaiten-nage Sotokaiten-nage	
Tachiwaza	Shomen-uchi	Yonkyo Shiho-nage Sotokaiten-nage	omote/ura omote/ura
	Yokomen-uchi	Sankyo, Yonkyo Udekime-nage	omote/ura
	Chudan-tsuki	Ikkyo Shiho-nage Uchikaiten-nage Uchikaiten-sankyo Sotokaiten-nage Hijikime-osae	omote/ura
	Gyakuhanmi Katate-dori	Yonkyo Koshi-nage	omote/ura
	Ryote-dori	Irimi-nage Kote-gaeshi	omote/ura 2 formes
	Morote-dori	Ikkyo Irimi-nage Shiho-nage	omote/ura omote/ura omote/ura
	Ushiro Ryote-dori	Nikyo - Sankyo Shiho-nage Irimi-nage Juji-garami	omote/ura omote/ura

2^{ème} Kyu

Suwariwaza	Shomen-uchi	Yonkyo Gokyo	omote/ura
	Kata-dori	Yonkyo	omote/ura
	Ryokata-dori	Ikkyo	omote/ura
Hanmi-hantachiwaza	Gyakuhanmi Katate-dori	Ikkyo, Nikyo Kote-gaeshi Irimi-nage	omote/ura omote/ura omote/ura
	Ryote-dori	Shiho-nage	omote/ura
	Ushiro Ryokata-dori	Kokyu-nage	
Tachiwaza	Shomen-uchi	Shiho-nage Koshi-nage	omote
	Yokomen-uchi	Gokyo Koshi-nage	
	Jodan-tsuki	Ikkyo – Yonkyo Shiho-nage Irimi-nage	omote/ura omote/ura omote/ura
	Chudan-tsuki	Nikyo – Yonkyo	omote/ura
	Aihanmi Katate-dori	Koshi-nage	
	Ryokata-dori	Ikkyo Irimi-nage Shiho-nage	omote/ura omote/ura
	Morote-dori	Juji-garami Irimi-nage	omote/ura
	Kata-dori Men-uchi	Ikkyo Irimi-nage Shiho-nage Kote-gaeshi	omote/ura omote/ura omote/ura omote/ura
	Ushiro Ryokata-dori	Ikkyo Irimi-nage Kote-gaeshi	omote/ura
Taninzu-gake	2 ataquants		

1^{ème} Kyu

Suwariwaza	Yokomen-uchi	Ikkyo - Yonkyo Gokyo Irimi-nage Kote-gaeshi	omote/ura omote/ura omote/ura
	Kata-dori Men-uchi	Irimi-nage Kote-gaeshi	
Hanmi-hantachiwaza	Shomen-uchi	Ikkyo - Yonkyo Gokyo Kote-gaeshi Irimi-nage	omote/ura omote/ura omote/ura
	Ryote-dori	Irimi-nage	
	Ushiro Ryokata-dori	Ikkyo - Yonkyo Kote-gaeshi	
Tachiwaza	Shomen-uchi	5 techniques	
	Yokomen-uchi	5 techniques	
	Jodan-tsuki	5 techniques	
	Chudan-tsuki	5 techniques	
	Kata-dori Men-uchi	Nikyo - Yonkyo Koshi-nage	omote/ura
	Morote-dori	Nikyo - Yonkyo Koshi-nage	omote/ura
	Ushiro Katate-dori Kubishime	Ikkyo - Sankyo Irimi-nage Shiho-nage Kote-gaeshi	omote/ura
	Ushiro Eri-dori	Ikkyo Irimi-nage Kote-gaeshi	omote/ura
	Ushiro Ryote-dori	5 techniques	
Tanto-dori	3 attaques	6 techniques	
Taninzu-gake	3 attaquants		