



Aikidovereniging Mushinkan

6^e Kyu

- Tai sabaki (solo)

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| Tachi waza | <ul style="list-style-type: none">- Hidari hanmi gamae- Migi hanmi gamae |
| | <ul style="list-style-type: none">- Tai sabaki irimi- Tai sabaki tankan- Tai sabaki irimi tenkan- Tai sabaki tenkai- Tai sabaki kaiten- Tai sabaki Sokumen |

- Shikko (solo)

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| Suwari waza | <ul style="list-style-type: none">- Mae- Ushiro- Yoko |
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- Ukemi (solo)

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| Tachi waza Suwari waza | <ul style="list-style-type: none">- Mae chokuto- Ushiro chokuto- Yoko chokuto |
| | <ul style="list-style-type: none">- Mae kaiten- Ushiro kaiten- Yoko kaiten |

- Aanvallen (Kandidaat valt aan)

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| Tachi waza | <ul style="list-style-type: none">- Katate dori gyaku hanmi- Katate dori ai hanmi- Katate dori Ryote dori Ryote Mochi- Shomen uchi- Yokomen uchi |
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Aikidovereniging Mushinkan

- Waza (tegen één aanvaller)

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| Tachi waza | - Katate dori Gyaku Hanmi | - Tai sabaki irimi - Tai sabaki tenkan - Kokyo ryoku tankan ho |
| Tachi waza | - Katate dori Ai Hanmi | - Irimi nage omote & ura |
| Tachi waza Suwari waza | - Katate dori Gyaku Hanmi - Katate dori Ai Hanmi | - Ikkyo omote & ura - Shiho nage omote & ura |
| | - Shomen Uchi | - Ikkyo omote & ura - Irimi nage omote & ura |
| Suwari waza | - Katate dori Ryote dori Ryote Mochi | - Kokyu ho |
| Tachi waza | - Katate dori Ryote dori Ryote Mochi | - Haishin undo |

- Randori (tegen twee aanvallers)

De kandidaat moet tenminste 3 minuten staande blijven

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| Tachi waza | - Katate dori Gyaku Hanmi - Katate dori Ai Hanmi | - Kokyu nage - Jiyu waza |
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- Conditie test

Kandidaat moet tenminste 50x ukemi maken uit Katate Gyaku Hanmi Kokyu nage

Technieken kennen uit het 5^e kyu examen is een grote pre!