

Aikido Silkeborg – Gradueringspensum for 6. Kyu

Gradueringskrav 6. kyu

Håndledsopvarmning:

- Kotegaeshi
- Sankyo
- Nikkyo
- Kote Mawashi

Shikko:

- Mae
- Ushiro

Ukemi:

- Mae
- Ushiro

Irimi tenkan:

- Tai no tenkan
- Tai sabaki

Tachiwaza:

Gyakuhanmi katatetori:

- Tai no tenkan
- Kotegeashi omote

Suwariwaza:

Aihanmi katatetori:

- Ikkyo ura

Ryôte tori:

- Kokyûhô