

## IKKYU (1. KYU)

(minimum 70 dana treniranja)

Shomen Uchi Kaiten Nage (Soto i Uchi Mawari)  
Tsuki (Chudan) Kaiten Nage (Soto Mawari)  
Hantai Katate Dori Kote Gaeshi  
Ryote Dori Kote Gaeshi  
Katate Dori Kokyu Nage (Jodan / Chudan / Gedan)  
Ushiro Ryote Dori Dai Sankyo (Omote i Ura)  
Ushiro Ryote Dori Dai Yonkyo (Omote i Ura)  
Suwari Waza Kata Dori Dai Ikkyo (Omote i Ura)  
Suwari Waza Kata Dori Dai Nikyo (Omote i Ura)  
Suwari Waza Kata Dori Dai Sankyo (Omote i Ura)  
Suwari Waza Kata Dori Dai Yonkyo (Omote i Ura)  
Suwari Waza Yokomen Uchi Dai Ikkyo (Omote i Ura)  
Suwari Waza Yokomen Uchi Dai Nikyo (Omote i Ura)  
Suwari Waza Yokomen Uchi Dai Sankyo (Omote i Ura)  
Suwari Waza Yokomen Uchi Dai Yonkyo (Omote i Ura)  
Suwari Waza Yokomen Uchi Dai Gokyo (Omote i Ura)  
Hanmi Handachi Waza Katate Dori Kaiten Nage (Soto Mawari)  
Jo Suburi Nijuppon

AIKIDO  
*klub*  
IZVOR