

TAI JUTSU I BUKI WAZA TEHNIČKI PROGRAM

GOKYU

(minimum 30 dana treniranja)

Hanmi

Tai Sabaki

Ukemi (Mae / Ushiro / Yoko)

Katate Dori Tai No Henko (Kihon i Ki-no-nagare)

Morote Dori Kokyu Ho (Kihon)

Shomen Uchi Dai Ikkyo (Omote i Ura)

Katate Dori Shiho Nage (Omote i Ura)

Shomen Uchi Irimi Nage

Suwari Waza Ryote Dori Kokyu Ho (Chudan)

Ken Suburi Nanahon

Roku No Jo

YONKYU

(minimum 40 dana treniranja)

Shomen Uchi Dai Nikyo (Omote i Ura)

Kata Dori Dai Ikkyo (Omote i Ura)

Kata Dori Dai Nikyo (Omote i Ura)

Yokomen Uchi Shiho Nage (Omote)

31 No Jo Kata

AIKIDO
klub
IZVOR

SANKYU
(minimum 50 dana treniranja)

Shomen Uchi Dai Sankyo (Omote i Ura)
Shomen Uchi Dai Yonkyo (Omote i Ura)
Kata Dori Dai Sankyo (Omote i Ura)
Kata Dori Dai Yonkyo (Omote i Ura)
Ryote Dori Shiho Nage (Omote i Ura)
Shomen Uchi Kote Gaeshi
Tsuki (Chudan) Kote Gaeshi
Katate Dori Kote Gaeshi
Ryote Dori Tenchi Nage
Tsuki (Chudan) Irimi Nage
Suwari Waza Shomen Uchi Dai Ikkyo (Omote i Ura)
Suwari Waza Shomen Uchi Dai Nikyo (Omote i Ura)
Suwari Waza Shomen Uchi Dai Sankyo (Omote i Ura)
Suwari Waza Shomen Uchi Dai Yonkyo (Omote i Ura)
Go No Awase
Shichi No Awase

NIKYU
(minimum 50 dana treniranja)

Yokomen Uchi Dai Ikkyo (Omote i Ura)
Yokomen Uchi Dai Nikyo (Omote i Ura)
Yokomen Uchi Dai Sankyo (Omote i Ura)
Yokomen Uchi Dai Yonkyo (Omote i Ura)
Yokomen Uchi Dai Gokyo (Omote i Ura)
Katate Dori Irimi Nage (Jodan / Chudan / Gedan)
Yokomen Uchi Irimi Nage
Katate Dori Kaiten Nage (Soto i Uchi Mawari)

Shomen Uchi Shiho Nage
Katate Dori Dai Ikkyo (Omote i Ura)
Katate Dori Dai Nikyo (Omote i Ura)
Katate Dori Dai Sankyo (Omote i Ura)
Katate Dori Dai Yonkyo (Omote i Ura)
Ryote Dori Dai Ikkyo (Omote i Ura)
Ryote Dori Dai Nikyo (Omote i Ura)
Ryote Dori Dai Sankyo (Omote i Ura)
Ryote Dori Dai Yonkyo (Omote i Ura)
Ushiro Ryote Dori Dai Ikkyo (Omote i Ura)
Ushiro Ryote Dori Dai Nikyo (Omote i Ura)
Hanmi Handachi Waza Katate Dori Shiho Nage (Omote)

IKKYU
(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 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