

Daitoryu Aiki Jujutsu Bokuyokan Europa

Prüfungsprogramm für Kyu-Grade: 01. 01. 2010

| Grade und Angriffsformen | Techniken | | Anfang der Aufnahmezeit |
|--------------------------------------|---------------------|--|-------------------------|
| 5. Kyu | | | |
| Ukemi | Mae-kaiten | | 00.08 |
| | Ushiro-kaiten | | |
| | Yoko-kaiten | | |
| Tachiai: Mae-Seme-Torite | | | |
| Uchite-dori | Ikkajô-kime-osae | | 00.42 |
| | Aiki-otoshi | | 01.08 |
| Sotote-dori | Aiki-otoshi | | 01.21 |
| | Ikkajô-kime-osae | | 01.29 |
| Morote-dori | Yonkajô-kime-nage | | 01.56 |
| Ryôte-dori | Aiki-otoshi | | 02.11 |
| | Ikkajô-kime-osae | | 02.23 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Ikkajô-kime-osae | | 02.58 |
| Yokomen-Uchi | Aiki-otoshi | | 03.44 |
| Tsuki (Jôdan) | Ikkajô-kime-osae | | 04.09 |
| Tachiai: Ushiro-Seme - Torite | | | |
| Sotote-dori | Sankajô-Ushiro-gime | | 04.39 |
| Zatori: Mae-Seme | | | |
| Ryôte-dori | Aiki-age-nage | | 05.12 |
| | Ikkajô-kime-osae | | 05.31 |
| Shômen-uchi | Ikkajô-kime-osae | | 06.07 |

| 4. Kyu | Techniken | | Anfang der Aufnahmezeit |
|--------------------------------------|------------------|--|--------------------------------|
| Ukemi | Mae-fuse | | 00.08 |
| | Ushiro-hineri | | |
| | Yoko-suberi | | |
| Tachiai: Mae-Seme - Torite | | | |
| Uchite-dori | Aikiage-Aikisage | | 01.09 |
| | Kata-otoshi | | 01.25 |
| Sotote-dori | Shihô-nage | | 01.42 |
| | Nikajô-kime-osae | | 02.16 |
| Morote-dori | Kata-otoshi | | 02.55 |
| Ryôte-dori | Shihô-gaeshi | | 03.12 |
| | Jûji-Yari | | 03.26 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Nikajô-kime-osae | | 03.46 |
| Yokomen-Uchi | Shihô-nage | | 04.16 |
| Tsuki | Hiji-otoshi | | 04.50 |
| Tachiai: Ushiro-Seme - Torite | | | |
| Ryôte-dori | Nikajô-kime-osae | | 05.13 |
| Zatori: Mae-Seme | | | |
| Katate-Muna-dori | Kote-gaeshi | | 05.41 |
| Ryôte-dori | Gasshô-nage | | 06.12 |
| Ryôte-Muna-dori | Ude-gaeshi | | 06.37 |
| Yokomen-uchi | Hô-daoshi | | 07.02 |

| 3. Kyu | Techniken | | Anfang der Aufnahmezeit |
|--------------------------------------|--------------------------|--|--------------------------------|
| Ukemi | Mae-sasae-tobi | | 00.08 |
| Tachiai: Mae-Seme - Torite | | | |
| Uchite-dori | Awase-otoshi | | 00.29 |
| | Nikajô-kime-osae | | 00.42 |
| Sotote-dori | Hiki-otoshi | | 01.16 |
| | Aiki-otoshi | | 01.41 |
| Katate-Muna-dori | Ude-gatame | | 01.55 |
| Morote-dori | Shihô-nage | | 02.17 |
| | Aiki-nage | | 02.53 |
| Ryôte-dori | Tenchi-nage | | 03.09 |
| | Kote-gaeshi | | 03.22 |
| Ryôte-Kubi-jime | Hiji-otoshi | | 03.37 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Sankajô-Ushiro-gime | | 03.58 |
| | Sankajô-kime-nage | | 04.25 |
| Sotote-dori-Shômen-uchi | Ikkajô-kime-osae | | 04.41 |
| Yokomen-Uchi | Uchi-Sankajô-Ushiro-gime | | 05.06 |
| | Hô-daoshi | | 05.34 |
| Tsuki | Ude-gime-nage | | 05.49 |
| Tachiai: Ushiro-Seme - Torite | | | |
| Sotote-dori | Sankajô-ushiro-kime-nage | | 06.09 |
| Katate-Kata-dori | Sankajô-kime-osae | | 06.38 |
| | Sankajô-kime-nage | | 07.06 |
| Morote-dori | Sankajô-kime-osae | | 07.33 |
| Ryôte-dori | Aiki-nage | | 08.00 |
| Ryô-Kata-dori | Ikkajô-kime-osae | | 01.08.17 |
| Zatori: Mae-Seme | | | |

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|---------------------------------|------------------------|------------------|-------|
| Sotote-dori | Yonkajô-kime-osae | | 08.55 |
| Katate-Muna-dori | Gokajô-kime-osae | | 09.57 |
| Katate-Kata-dori | Hiji-otoshi | | 10.44 |
| Ryôte-dori | Shibori-nage | | 11.10 |
| | Tekô-awase-Hiza-basami | | 11.46 |
| Shômen-uchi | Sankajô-kime-osae | | 12.04 |
| Yokomen-uchi | Hiji-gime-Shihô-nage | | 12.31 |
| Tsuki | Hiki-otoshi | | 12.59 |
| Hanza-Handachi: Mae-Seme | | | |
| Sotote-dori | Sankajô-Ushiro-gime | | 13.30 |
| Ryôte-dori | Aiki-nage | | 14.04 |
| Sonstige Techniken | | | |
| Tantô-dori | Uchioroshi | Ikkajô-Kime-osae | 14.34 |
| | Tsuki | Kote-otoshi | 15.06 |

| 2. Kyu | Techniken | | Anfang der Aufnahmezeit |
|--------------------------------------|---------------------------|--|--------------------------------|
| Ukemi | Yoko-tobi | | 00.05 |
| | Ushiro-tobi | | |
| Tachiai: Mae-Seme - Torite | | | |
| Uchite-dori | Uchikote-otoshi | | 00.56 |
| | Maki-arashi | | 01.10 |
| Sotote-dori | Aiki-nage | | 01.30 |
| | Tekubi-gime-osae | | 01.46 |
| | Tekubi-gime-nage | | 02.07 |
| | Yonkajô-kime-osae | | 02.26 |
| Katate-Kata-dori | Tekubi-gime | | 03.07 |
| Morote-dori | Nikajô-kime-osae | | 03.27 |
| Ryôte-dori | Jûji-Kiriotoshi | | 04.24 |
| | Shihô-nage | | 04.41 |
| Ryôkata-dori | Ryô-Tekubi-gime-yoko-nage | | 05.14 |
| Mune-Ude-dori / Mune-suso-dori | Hiji-gaeshi-otoshi | | 05.37 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Yonkajô-kime-osae | | 06.16 |
| Yokomen-Uchi | Hiji-otoshi | | 07.43 |
| Tsuki (Sukui-age) | Kote-otoshi | | 08.11 |
| Tachiai: Ushiro-Seme - Torite | | | |
| Sotote-dori | Hiji-awase-otoshi | | 08.38 |
| Eri-dori | Fuki-age | | 08.59 |
| Ryôte-dori | Sankajô-Ushiro-gime | | 09.34 |
| Zatori: Mae-Seme | | | |
| Uchite-dori | Irimi-nage | | 10.19 |

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|------------------------------------|------------------------|---------------------|-------|
| Katate-Muna-dori | Nikajô-kime-osae | | 10.52 |
| Ryôte-dori | Kote-gaeshi | | 11.25 |
| | Nikajô-Ryôte-kime-nage | | 11.58 |
| Ryôte-Muna-dori | Kajimawashi | | 12.24 |
| Yokomen-uchi | Kôbe-gaeshi | | 12.56 |
| Morote-Yokomen-uchi | Aiki-nage | | 13.29 |
| Tsuki | Kote-gaeshi | | 13.58 |
| Hanza-Handachi: Mae-Seme | | | |
| Sotote-dori: | Shihô-nage | | 14.37 |
| Tsuki | Kote-gaeshi | | 15.23 |
| Hanza-Handachi: Ushiro-Seme | | | |
| Eri-dori | Hiji-otoshi | | 15.55 |
| Sonstige Techniken | | | |
| Tantô-dori | Uchioroshi | Sankajô-Ushiro-gime | 16.45 |
| | Yokomen-uchi | Sankajô-Ushiro-gime | 17.49 |

| 1. Kyu | Techniken | | Anfang der Aufnahmezeit |
|--------------------------------------|----------------------------|--|--------------------------------|
| Ukemi | Mae-tobi | | 00.08 |
| Tachiai: Mae-Seme - Torite | | | |
| Uchite-dori | Tekubi-gime-otoshi | | 00.41 |
| | Makikomi-yokonage | | 00.59 |
| Sotote-dori | Kata-otoshi | | 01.17 |
| | Kime-modoshi | | 01.34 |
| Katate-Kata-dori | Tekubi-gime-nage | | 01.53 |
| Morote-dori | Soto-Nikajô-kime-Aiki-nage | | 02.14 |
| | Yobi-modoshi | | 02.31 |
| Ryôte-dori | Ryô-Kata-gime | | 02.47 |
| | Aiki-otoshi | | 03.16 |
| Ryôte-Muna-dori | Katahiji-shibori-nage | | 03.32 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Karami-nage | | 03.59 |
| | Yonkajô-kime-nage | | 04.34 |
| Muna-dori-shômen-uchi | Jûji-garami-nage | | 05.32 |
| Yokomen-Uchi | Gokajô-Kime-osae | | 05.52 |
| Tsuki | Karami-nage | | 06.13 |
| Tachiai: Ushiro-Seme - Torite | | | |
| Ryôte-dori | Yoko-Aiki-nage | | 06.50 |
| | Kote-otoshi | | 07.22 |
| Zatori: Mae-Seme | | | |
| Uchite-dori | Irimi-Kubi-gatame | | 07.50 |
| Ryôte-dori | Muna-jûji-nage | | 08.18 |
| Ryôte-Muna-dori | Katahiji-shibori-nage | | 08.41 |

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| Ryôte-kubi-jime | Aiki-nage | | 09.07 |
| Yokomen-uchi | Tekubi-gime | | 09.28 |
| Muna-dori-yokomen-uchi | Jûji-garami | | 09.54 |
| Tsuki | Ude-gatame | | 10.23 |
| Zatori: Yoko-Seme | | | |
| Kote-osae | Nikajô-kime-osae | | 10.57 |
| Hanza-Handachi: Mae-Seme | | | |
| Ryôte-dori | Shihô-nage | | 11.36 |
| Hanza-Handachi: Ushiro-Seme | | | |
| Ryôte-dori | Shihô-nage | | 12.32 |
| Sonstige Techniken | | | |
| Tantô-dori | Yokomen-uchi | Gokajô-kime-osae | 13.14 |
| | Tsuki | Yonkajô-kime-osae | 13.42 |

| I. Dan | Techniken | Anfang der Aufnahmezeit |
|-----------------------------------|-------------------------|-------------------------|
| Tachiai: Mae-Seme - Torite | | |
| Uchite-dori | Hiji-gime-Ipponzeoi | 00:15 |
| Sotote-dori | Shihô-nage | 00:30 |
| | Hiji-gime-Ipponzeoi | 00:47 |
| Katate-Muna-dori | Hiji-gaeshi | 01:00 |
| Katate-Kata-dori | Hako-gime | 01:18 |
| Morote-dori | Aiki-nage: mae | 01:41 |
| Ryôte-dori | Tekubi-gime-nage | 02:17 |
| | Muna-jûji-nage | 02:32 |
| Ryôte-Muna-dori / Ryô-eri-jime | Koshi-nage | 02:43 |
| | Tekubi-gime-Yoko-nage | 03:14 |
| Ryô-Kata-dori | Jûji-garami-nage | 03:47 |
| Tachiai: Mae-Seme - Uchite | | |
| Shômen-Uchi | Hiza-ori | 04:12 |
| Kata-dori-Shômen-uchi | Kesa-gake | 04:28 |
| Yokomen-Uchi | Kaeshi-koshi-nage | 05:00 |
| | Hiji-gaeshi-nage | 05:18 |
| Tsuki | Waki-basami-Kata-otoshi | 05:35 |
| Tachiai: Mae-Seme - Keri | | |
| Mae-geri | Kakae-nage | 06:07 |
| Tachiai: Ushiro-Seme | | |
| Sotote-dori | Hiji-gatame | 06:26 |
| Eri-dori | Hiji-otoshi | 06:52 |
| Ryôte-dori | Hineri-nage | 07:24 |
| | Karami-nage | 07:40 |
| Ryô-Kata-dori | Ashi-kakae-otoshi | 08:00 |

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|------------------------------------|--------------------------------------|------------------|-------|
| Hagai-jime | Aiki-nage | | 08:35 |
| Zatori: Mae-Seme | | | |
| Uchite-dori | Hiji-gime-Ippon-zeoi | | 09:02 |
| Sotote-dori | Soto-Nikajô-kime-osae | | 09:36 |
| Ryôte-dori | Tekubi-gime-nage | | 10:01 |
| Ryôte-Muna-dori | Kubi-hineri | | 10:38 |
| Shômen-uchi | Kiri-otoshi | | 11:04 |
| Tsuki | Kubi-gime | | 11:29 |
| Hanza-Handachi: Mae-Seme | | | |
| Sotote-dori | Kime-mawashi-otoshi | | 12:20 |
| Ryôte-dori | Tsubasa-gaeshi | | 12:50 |
| Ryô-Kata-dori | Aiki-nage | | 13:11 |
| Tsuki | Hiji-otoshi | | 13:31 |
| Hanza-Handachi: Ushiro-Seme | | | |
| Ryôte-dori | Aiki-nage | | 14:01 |
| Sonstige Techniken | | | |
| Futari-gake (2 Angreifer) | | | |
| Ryô-Uchite-dori | Ryô-Nikajô -kime-nage | | 14:51 |
| Ryô-Sotote-dori | Ryô-Nikajô-kime-nage | | 15:16 |
| Uchite-Kata-dori | Karami-otoshi | | 15:41 |
| Ryô-Morote-dori | Aiki-nage | | 15:59 |
| Tachi-dori | Shômen-uchi | Ikkajô-kime-osae | 16:17 |
| Jô-dori | Tsuki | Jô-gaeshi-zuki | 17:10 |
| Kaeshi-Waza | Tsuki – Kotegaeshi – Ikkajô-kimeosae | | 17:38 |

| 2. Dan | Techniken | | Anfang der Aufnahmezeit |
|------------------------------------|---------------------------|--|--------------------------------|
| Tachiai: Mae-Seme - Torite) | | | |
| Uchite-dori | Kuguri-Jûji-nage | | 00:14 |
| Sotote-dori | Kote-gaeshi | | 00:32 |
| | Okuridashi | | 00:51 |
| Katate-Muna-dori | Ushiro-Ude-gime-Kubi-jime | | 01:08 |
| Katate-Kata-dori | Kata-Yari | | 01:30 |
| Morote-dori | Hiji-gime-nage | | 01:45 |
| Ryôte-dori | Tekô-awase | | 01:59 |
| | Kime-modoshi | | 02:15 |
| Ryôte-Muna-dori | Seori | | 02:23 |
| Ryô-eri-jime | Yobi-modoshi | | 02:50 |
| Ryôte-Ryôkata-dori | Kata-aiki-nage | | 03:06 |
| Tachiai: Mae-Seme - Uchite | | | |
| Shômen-Uchi | Hiji-gime-Ipponzeoi | | 03:19 |
| Kata-dori-Shômen-uchi | Kesa-gime | | 03:36 |
| Muna-dori-Shômen-uchi | Karami-nage | | 04:11 |
| Yokomen-Uchi | Hiji-gime-Ipponzeoi | | 04:34 |
| Tsuki | Tekubi-gime-otoshi | | 05:01 |
| | Kakae-otoshi | | 05:23 |
| Tachiai: Mae-Seme - Keri | | | |
| Mae-geri | Ashi-gatame | | 05:43 |
| Tachiai: Ushiro-Seme | | | |
| Sotote-dori | Ôguruma | | 06:18 |
| Ryô-Kata-dori | Kata-aiki-nage | | 06:38 |
| Zatori: Mae-Seme | | | |

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| Sotote-dori | Hineri-otoshi | | 07:03 |
| Katate-Muna-dori | Kubi-gatame | | 07:23 |
| Ryôte-dori | Kashiwade-kaeshi-gime-nage | | 07:48 |
| Shômen-uchi | Nodo-gime | | 08:14 |
| Tsuki (Jôdan) | Hiji-otoshi | | 08:36 |
| Hanza-Handachi: Mae-Seme | | | |
| Shômen-uchi | Ashi-gatame | | 09:04 |
| Hanza-Handachi: Ushiro-Seme | | | |
| Katate-Mae-Eri-dori | Seoi-nage | | 09:57 |
| Sonstige Techniken | | | |
| Futari-gake (2 Angreifer) | | | |
| Ryô-Uchite-dori | Sayû-Kôsa-nage | | 10:31 |
| Uchite-Kata-dori | Ryô-Hiji-gaeshi | | 10:45 |
| Ryô-Morote-dori | Hiki-Aiki-nage | | 11:20 |
| Jô-dori | Tsuki | Hikikomi-Nodo-zuki | 11:39 |
| Kaeshi-Waza | Tsuki – Kotegaeshi - Kotegaeshi | | 12:07 |

| 3. Dan | Techniken | Anfang der Aufnahmezeit |
|------------------------------------|------------------------|--------------------------------|
| Tachiai: Mae-Seme - Torite | | |
| Sotote-dori | Tekubi-gime-otoshi | 00:13 |
| | Shihô-kakae-nage | 00:28 |
| Morote-dori | Kataire-guruma | 00:50 |
| Ryôte-dori | Tsubasa-gaeshi | 01:07 |
| | Hiza-aiki-nage | 01:22 |
| Ryôte-Muna-dori / Ryô-eri-jime | Yoko-domoe | 01:37 |
| | Kaji-mawashi | 01:55 |
| Tachiai: Mae-Seme - Uchite | | |
| Shômen-Uchi | Tekubi-gime-Ôguruma | 02:24 |
| Yokomen-Uchi | Hiji-gaeshi-Yoko-domoe | 02:43 |
| | Koshi-nage | 03:01 |
| Tsuki | Ude-gatame-nage | 03:29 |
| Tachiai: Ushiro-Seme | | |
| Katate-Kata-dori | Gokajô-kime-osae | 03:53 |
| Ryô-Kata-dori | Ôguruma | 04:22 |
| Ryôte-dori | Aiki-nage | 04:42 |
| Ryô-Kata-dori | Kakae-otoshi | 05:01 |
| Zatori: Mae-Seme | | |
| Sotote-dori | Tekubi-gime-modoshi | 05:30 |
| Ryôte-dori | Gasshô-nage | 05:51 |
| Muna-dori-Shômen-uchi | Jûji-garami | 06:15 |
| Hanza-Handachi: Mae-Seme | | |
| Katate-Kata-dori | Aiki-nage | 06:47 |
| Hanza-Handachi: Ushiro-Seme | | |
| Ryôte-dori | Ude-gime-Aiki-nage | 07:19 |

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|----------------------------------|-------|-------------------------------|-------|
| Sonstige Techniken | | | |
| Futari-gake (2 Angreifer) | | | |
| Ryô-Uchite-dori | | Ryô-Yonkajô-kimenage | 07:53 |
| Ryô-Morote-dori | | Ryô-Irimi-nage | 08:11 |
| Jô-dori | Tsuki | Kata-gime | 08:30 |
| | | Ura-irimi-tenkan-Nodo-zuki | 09:02 |
| Kaeshi-Waza | | Tsuki – Shihônage - Shihônage | 09:29 |

| Okugi 3. Dan | Techniken | | Anfang der Aufnahmezeit |
|------------------------------------|---------------------------|--|--------------------------------|
| Tachiai: Mae-Seme - Torite | | | |
| Sotote-dori: | Tekubi-gime-nage | | 00:14 |
| Morote-dori | Kubi-kakae-nage | | 00:24 |
| | Ude-kakae-nage | | 00:52 |
| Ryôte-dori | Ryô-nikajô-Tomoe-nage | | 01:09 |
| Ryôte-Muna-dori / Ryô-Eri-jime | Ryô-Ude-Shibori-kime-nage | | 01:37 |
| Tachiai Mae-Seme - Uchite | | | |
| Shômen-Uchi | Maki-otoshi | | 02:10 |
| Muna-dori-Shômen-uchi | Ô-guruma | | 02:27 |
| Yokomen-Uchi | Hiji-gime-otoshi | | 02:43 |
| | Kata-guruma | | 03:01 |
| Tsuki | Karami-Hiji-gatame-nage | | 03:27 |
| Tachiai: Ushiro-Seme | | | |
| Sotote-dori | Hiji-gime-nage | | 03:57 |
| Ryôte-dori | Koshi-nage uchi+soto | | 04:55 |
| Zatori: Mae-Seme | | | |
| Ryôte-dori | Juji-Tekubi-gime-modoshi | | 05:36 |
| Hizadate-Shômen-uchi | Hiza-giri | | 05:58 |
| Tsuki | Hiji-otoshi-Yoko-nage | | 06:25 |
| Hanza-Handachi: Ushiro-Seme | | | |
| Ryô-Kata-dori | Aiki-nage | | 06:54 |
| Sonstige Techniken | | | |
| Futari-gake (2 Angreifer) | | | |
| Ryô-Sotote-dori | Ude-garami | | 07:25 |
| Ryô-Morote-dori | Nikajô-kime-osae | | 07:52 |
| San'nin-gake (3 Angreifer) | | | |

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|-----------------------------------|-------|---|--|-------|
| Ryô-Sotote-dori + Ryôte-muna-dori | | Karami-otoshi | | 08:30 |
| Jô-dori | Tsuki | Yobi-modoshi | | 08:59 |
| Kaeshi-Waza | | Tsuki – Shihônage – Hiji-gime-seoi-nage | | 09:27 |