



# Prüfungsprogramm des Aikikai – Verband österreichischer Aikidoschulen

## Examination program of Aikikai – Federation of Austrian Aikido Schools

### Allgemeines:

Bei Prüfungen ist nicht nur das technische Können des Schülers zu beurteilen, sondern vor allem auch die Entwicklung (Do) des Schülers, sowohl technisch als auch charakterlich. Prinzipien wie „Stand“, „aufrechte Haltung“, „Distanz zum Partner“, „Blickfeld“ sind im niedrigen Kyubereich sicherlich wichtiger als die konkrete Ausführung der Technik. Erst im höheren Kyubereich werden Prinzipien wie „Technik“, „Integrität“ oder „Ökonomie der Bewegung“ wichtig und sollten bei der Prüfung auch sichtbar sein.

Ein Überspringen von Kyuprüfungen ist nicht erwünscht, da es dem Schüler die Möglichkeit nimmt, sich mit allen Techniken im Rahmen der Prüfungsvorbereitung auseinanderzusetzen (das Programm ist so aufgebaut, dass kaum Techniken doppelt geprüft werden).

Ein Durchfallen bei Kyuprüfungen ist nach Möglichkeit zu vermeiden (aber nicht verboten!); eine schlechte Prüfung dient dem Lehrer als Rückmeldung seiner Kompetenz, den Kyugrad eines Schülers einzuschätzen. Hat der Lehrer (noch) nicht die Kompetenz, schon vor der Prüfung richtig zu urteilen, sollte der Schüler dafür nicht bestraft werden. Der Lehrer sollte hinter seiner Entscheidung stehen, den Schüler zum entsprechenden Grad antreten zu lassen.

Wenn es die Technik erlaubt soll der Prüfling omote und ura zeigen, jene Techniken im Programm bei denen omote/ura extra angegeben ist, sollten auch als eigenständige Technik geprüft werden. Das Prüfungsprogramm versteht sich als Mindestanforderung an den Prüfling, weitere Techniken und Techniken von vorherigen Kyugraden dürfen geprüft werden.

### General:

In the examination there is not only the technical skill to be evaluated, but also the progress and development (Do) of the student in terms of technique and character. Basic principles like “stance”, “upright position”, “distance”, “vision” are more important in the low kyu-level than the correct performance of the technique. In the high kyu-level principles like “technique”, “integrity” or “economy of movement” gain importance and should be visible during examination.

Skipping of kyu-levels is not desirable, because it takes the student the possibility of dealing with all techniques in the context of “preparation for examination” (in the examination program it has been avoided that techniques will be asked several times at different kyu-levels).

Failing of the examination should be avoided (but is not forbidden!); a bad examination is also a reflection for the teacher to see his competence to judge before the examination if a student should make the examination. The lack of the competence of the teacher should not result in the punishment (failing of examination) of the student. The teacher should always stand behind his decision of recommending the student for an examination.

If possible omote and ura should be done by the examinee, whenever “omote/ura” is mentioned in the examination program, omote and ura should be asked as two separate techniques. The program is the minimum requirement for the examinee, additional techniques and techniques from previous kyu-levels can also be asked.



| 6. Kyu                         |                       |                     |  |
|--------------------------------|-----------------------|---------------------|--|
|                                | Angriff / Attack      | Technik / Technique | Erklärung / Explanation  |
| <b>Suwarizawa</b>              | Ryotetori             | Kokyu ho            |  |
| <b>Tachi Waza</b>              | Katatetori Aihamni    | Ikkyo               | omote / ura  |
|                                |                       | Iriminage           |  |
|                                |                       | Kotegaeshi          |  |
|                                | Katatetori Guakuhamni | Tai no henka        |  |
|                                |                       | Shionage            | omote / ura  |
|                                |                       | Sumiotoshi          |  |
|                                |                       | Kokyu ho            |  |
| <b>Zusätzlich / Additional</b> |                       | Angriffe            | alle Angriffe von diesem Programm / all attacks listed in this program |
|                                |                       | Ukemi               |  |
|                                |                       | Ashi sabaki         |  |

| 5. Kyu                     |                       |                     |   |
|----------------------------|-----------------------|---------------------|---|
|                            | Angriff / Attack      | Technik / Technique | Erklärung / Explanation                     |
| <b>Suwarizawa</b>          | Shomen uchi Kiawaze   | Iriminage           | kein osae lt. Hombu / no osae acc. to Hombu |
|                            |                       | Ikkyo               | omote / ura                                 |
| <b>Hamni handachi waza</b> | Katatetori Guakuhamni | Iriminage           |   |
|                            |                       | Sumiotoshi          |   |
| <b>Tachi Waza</b>          | Katatetori Aihamni    | Ikkyo               | omote / ura                                 |
|                            |                       | Nikkyo              | omote / ura                                 |
|                            | Katatetori Guakuhamni | Iriminage           |   |
|                            |                       | Kotegaeshi          |   |
|                            |                       | Udekimenage         |   |
|                            | Ryotetori             | Tenchinage          |   |
|                            |                       | Shionage            | omote / ura                                 |
|                            |                       | Kokyunage/Otoshi    |   |
|                            |                       | Kokyu ho            |   |
|                            | Shomeuchi Kiawase     | Iriminage           |   |
|                            |                       | Kotegaeshi          |   |



| 4. Kyu                     |                       |                     |   |
|----------------------------|-----------------------|---------------------|---|
|                            | Angriff / Attack      | Technik / Technique | Erklärung / Explanation                 |
| <b>Suwariwaza</b>          | Shomenuchi            | Kotegaeshi          | osae                                    |
|                            |                       | Nikkyo              | omote / ura                             |
| <b>Hamni handachi waza</b> | Katatetori Guakuhamni | Ikkyo               | omote / ura                             |
|                            |                       | Nikkyo              | omote / ura                             |
|                            |                       | Kotegaeshi          |   |
| <b>Tachi Waza</b>          | Katatetori Aihamni    | Sankyo              | omote / ura                             |
|                            |                       | Yonkyo              | omote / ura                             |
|                            |                       | Kaitennage          |   |
|                            |                       | Jijuwaza            |   |
|                            |                       | Kokyu ho            | ko tai (wie Iriminage / like Iriminage) |
|                            | Ryotetori             | Ikkyo               | omote / ura                             |
|                            |                       | Iriminage           |   |
|                            |                       | Kotegaeshi          |   |
|                            | Katate Ryotetori      | Ikkyo               | omote / ura                             |
|                            |                       | Nikkyo              | omote / ura                             |
|                            |                       | Kokyunage/Otoshi    |   |
|                            | Shomeuchi Kiawase     | Ikkyo               | omote / ura                             |
|                            |                       | Nikkyo              | omote / ura                             |
|                            |                       | Sankyo              | omote / ura                             |
|                            |                       | Yonkyo              | omote / ura                             |
|                            | Shomenuchi            | Iriminage           |   |
|                            | Kotegaeshi            |                     |   |
| Chudan tsuki               | Iriminage             |                     |   |
|                            | Sumiotoshi            |                     |   |
|                            | Kotegaeshi            |                     |   |



| 3. Kyu                     |                       |                     |                         |   |
|----------------------------|-----------------------|---------------------|-------------------------|---|
|                            | Angriff / Attack      | Technik / Technique | Erklärung / Explanation |   |
| <b>Suwariwaza</b>          | Shomenuchi            | Sankyo              | omote / ura             |   |
|                            |                       | Yonkyo              | omote / ura             |   |
|                            |                       |                     |                         |   |
| <b>Hamni handachi waza</b> | Katatetori Guakuhamni | Kokyunage           |                         |   |
|                            |                       | Sankyo              | omote / ura             |   |
|                            |                       | Yonkyo              | omote / ura             |   |
|                            |                       |                     |                         |   |
| <b>Tachi Waza</b>          | Katatetori Aihamni    | Koshinage           |                         |   |
|                            |                       | Sumiotoshi          |                         |   |
|                            |                       | Kiritoshi           |                         |   |
|                            |                       |                     | Kokyu ho                | ju tai (wie Iriminage / like Iriminage) |
|                            | Katatetori Guakuhamni | Ikkyo               | omote / ura             |   |
|                            |                       | Nikkyo              | omote / ura             |   |
|                            |                       | Sankyo              | omote / ura             |   |
|                            |                       | Yonkyo              | omote / ura             |   |
|                            | Katate Ryotetori      | Udekimenage         |                         |   |
|                            |                       | Jujigarami          |                         |   |
|                            | Katadori              | Ikkyo               | omote / ura             |   |
|                            |                       | Jijuwaza            |                         |   |
|                            | Shomenuchi            | Ikkyo               | omote / ura             |   |
|                            |                       | Nikkyo              | omote / ura             |   |
|                            |                       | Sankyo              | omote / ura             |   |
|                            |                       | Yonkyo              | omote / ura             |   |
|                            |                       |                     | Gokyo                   |   |
|                            |                       |                     | Jijuwaza                |   |
|                            | Chudan tsuki          | Hijikimeosae        |                         |   |
|                            |                       | Shionage            |                         |   |
|                            |                       | Kokyunage/Otoshi    |                         |   |
| Gokyo                      |                       |                     |                         |   |
| Jodan tsuki                | Ikkyo                 |                     |                         |   |
| Katamenuchi                | Ikkyo o/u             |                     |                         |   |
|                            | Nikkyo o/u            |                     |                         |   |
|                            | Sankyo o/u            |                     |                         |   |
|                            | Yonkyo o/u            |                     |                         |   |
|                            | Kokyu ho              |                     |                         |   |



| 2. Kyu                         |                       |                     |  |
|--------------------------------|-----------------------|---------------------|--|
|                                | Angriff / Attack      | Technik / Technique | Erklärung / Explanation                      |
| <b>Suwariwaza</b>              | Yokomenuchi           | Ikkyo               | omote / ura                                  |
|                                |                       | Nikkyo              | omote / ura                                  |
| <b>Hamni handachi waza</b>     | Katatetori Guakuhamni | Shionage            | omote / ura                                  |
|                                |                       | Kaitennage          | uchi / soto                                  |
|                                | Ryotetori             | Shionage            | aufstehen lt. Hombu / stand up acc. to Hombu |
|                                |                       | Kokyunage           |  |
| <b>Tachi Waza</b>              | Katatetori Aihamni    | Kokyu ho            | ki tai (wie Iriminage / like Iriminage)      |
|                                | Katatetori Guakuhamni | Kaitennage          | uchi / soto                                  |
|                                |                       | Aikiotoshi          |  |
|                                | Ryotetori             | Jijuwaza            |  |
|                                | Katate Ryotetori      | Sankyo              | omote / ura                                  |
|                                |                       | Yonkyo              | omote / ura                                  |
|                                |                       | Jijuwaza            |  |
|                                | Sodedori              | Jijuwaza            |  |
|                                | Shomenuchi            | Sumiotoshi          |  |
|                                |                       | Shionage            |  |
|                                |                       | Koshinage           |  |
|                                |                       | Udekimenage         |  |
|                                |                       | Kokyunage/Otoshi    |  |
|                                | Chudan tsuki          | Udekimenage         |  |
|                                |                       | Kaitennage          | uchi / soto                                  |
|                                | Yokomenuchi           | Ikkyo               | omote / ura                                  |
|                                |                       | Nikkyo              | omote / ura                                  |
|                                |                       | Sankyo              | omote / ura                                  |
|                                |                       | Yonkyo              | omote / ura                                  |
|                                |                       | Udekimenage         |  |
| Katamenuchi                    | Iriminage             |                     |  |
|                                | Kotegaeshi            |                     |  |
|                                | Shionage              |                     |  |
|                                | Ushiro Ryotetori      | Kokyu ho            |  |
| <b>Zusätzlich / Additional</b> | Futaritori            | Jijuwaza            | 2 Techniken / 2 techniques                   |



| 1.Kyu                       |                              |                     |  |
|-----------------------------|------------------------------|---------------------|--|
|                             | Angriff / Attack             | Technik / Technique | Erklärung / Explanation                              |
| <b>Suwariwaza</b>           | Yokomenuchi                  | Sankyo              | omote / ura  |
|                             |                              | Yonkyo              | omote / ura  |
|                             |                              | Gokyo               |  |
| <b>Hamni handachi waza</b>  | Ushiro Ryokatatori           | Ikkyo               | omote / ura  |
|                             |                              | Sankyo              | omote / ura  |
|                             |                              | Kokyonage           |  |
|                             | Shomen uchi                  | Iriminage           |  |
|                             |                              | Ikkyo               |  |
| <b>Tachi Waza</b>           | Katatetori Guakuhamni        | Kokyunage/Otoshi    |  |
|                             | Katate Ryotetori             | Kokyu ho            |  |
|                             | Munetori                     | Nikkyo              |  |
|                             |                              | Shionage            |  |
|                             | Eridori                      | Ikkyo               |  |
|                             |                              | Shionage            |  |
|                             |                              | Iriminage           |  |
|                             | Chudan tsuki                 | Jijuwaza            |  |
|                             | Yokomenuchi                  | Iriminage           |  |
|                             |                              | Kotegaeshi          |  |
|                             |                              | Sumiotoshi          |  |
|                             |                              | Shionage            |  |
|                             |                              | Kokyunage/Otoshi    |  |
|                             | Ushiro Ryotetori             | Ikkyo               | omote / ura  |
|                             |                              | Nikkyo              | omote / ura  |
|                             |                              | Sankyo              | omote / ura  |
|                             |                              | Yonkyo              | omote / ura  |
|                             |                              | Iriminage           |  |
|                             |                              | Kotegaeshi          |  |
|                             |                              | Shionage            |  |
|                             |                              | Koshinage           |  |
|                             |                              | Jujigarami          |  |
|                             | Ushiro Ryokatatori           | Kokyunage           |  |
|                             | Sankyo                       |                     |  |
|                             | Jijuwaza                     |                     |  |
| Ushiro Katatetori Kubishime | Sankyo                       |                     |  |
| Ryotetori                   | Randori                      | 3 Uke               |  |
| <b>Sonderdinge</b>          | Freier Angriff / free attack | Renrakuhenkawaza    |  |
| <b>Waffen</b>               | Tantotori                    | Jijuwaza            | 3 verschiedene Techniken /<br>3 different techniques |
|                             | Jodori                       | Jijuwaza            | 3 verschiedene Techniken /<br>3 different techniques |
|                             | Josabaki                     | Jijuwaza            | 3 verschiedene Techniken /<br>3 different techniques |
|                             | Tachidori                    | Jijuwaza            | 3 verschiedene Techniken /<br>3 different techniques |

