

Aikikai - Verband Österreichischer Aikidoschulen

6. kyu

Suwari waza

Ryotedori - Kokyu ho: <http://www.youtube.com/watch?v=DixV5yxyEX4>

Tachi waza

Aihanmi Katatedori

- Ikkyo:
 - o omote: <http://www.youtube.com/watch?v=ZLZEbaKKQnc> (Video: Shomen uchi)
 - o ura: <http://www.youtube.com/watch?v=H7CkYOJ2tyo> (Video: Shomen uchi)
- Iriminage:
http://www.youtube.com/watch?feature=player_detailpage&v=TzPj2xGr_lg#t=379s
(Video: Shomen uchi)
- Kotegaeshi:
http://www.youtube.com/watch?v=qVmOI4AY6d8&list=UUiEiSNkJjRH14_qQVJQfjsQ&index=46 (Video: Shomen uchi)

Gyakuhanmi Katatedori

- Tai no henka: <http://www.youtube.com/watch?v=l8dY2RhowoU>
- Shihonage.
 - o omote: http://www.youtube.com/watch?v=7HJjb65eu2w&list=UUiEiSNkJjRH14_qQVJQfjsQ&index=45
 - o ura: http://www.youtube.com/watch?v=jwRPuHXZmOo&list=UUiEiSNkJjRH14_qQVJQfjsQ&index=44
- Sumiotoshi: <http://www.youtube.com/watch?v=ZG0tPXAPYx0>
- Kokyu ho:
http://www.youtube.com/watch?feature=player_detailpage&v=TzPj2xGr_lg#t=605s
(Video: Morote dori)

Zusätzlich / Additional

- Angriffe - alle Angriffe von diesem Programm / all attacks listed in this program
- Ukemi
- Ashi sabaki