

# AIKIDO

## PROGRESSION DES TECHNIQUES DEMANDEES

### 6° KYU

- AIKITAISO

- TAISABAKI

- UKEMI

- TACHIWAZA

AIHAMMI KATATEDORI IKKYO (OMOTE - URA)

AIHAMMI KATATEDORI IRIMINAGE (OMOTE - URA)

AIHAMMI KATATEDORI KOTEGAESHI

AIHAMMI KATATEDORI SHIHONAGE (OMOTE - URA)

AIHAMMI KATATEDORI UCHIKAITEN SANKYO (URA)

AIHAMMI KATATEDORI UCHIKAITEN NAGE

SHOMENUCHI IRIMINAGE (OMOTE - URA)

### 5° KYU

- KOKYUHO

- SHIKKO

- SUWARIWAZA

SHOMENUCHI IKKYO (OMOTE - URA)

KATADORI IKKYO (OMOTE - URA)

- TACHIWAZA

KATATEDORI IKKYO (OMOTE - URA)

KATATEDORI SHIHONAGE (OMOTE - URA)

KATATEDORI TENCHINAGE (OMOTE - URA)

KATATEDORI UDEKIMENAGE

KATATEDORI KOKYUNAGE

SHOMENUCHI IKKYO (OMOTE - URA)

SHOMENUCHI NIKYO (OMOTE - URA)

SHOMENUCHI KOTEGAESHI

CHUDANTSUKI IRIMINAGE (OMOTE - URA)

CHUDANTSUKI KOTEGAESHI

#### 4° KYU

- SUWARIWAZA	KATATEDORI NIKYO (OMOTE - URA)
	SHOMENUCHI NIKYO (OMOTE - URA)
	RYOTEDORI KOKYUHO
- TACHIWAZA	KATATEDORI NIKYO (OMOTE - URA)
	MOROTEDORI KOTEGAESHI
	RYOTEDORI TENCHINAGE (OMOTE - URA)
	RYOTEDORI IKKYO (OMOTE - URA)
	RYOTEDORI SHIHONAGE (OMOTE - URA)
	RYOTEDORI UDEKIMENAGE
	SHOMENUCHI SANKYO (OMOTE - URA)
	SHOMENUCHI UCHIKAITEN SANKYO (OMOTE - URA)
	YOKOMENUCHI SHIHONAGE (OMOTE - URA)
	YOKOMENUCHI IRIMINAGE (OMOTE - URA)
	YOKOMENUCHI TENCHINAGE (OMOTE - URA)
	YOKOMENUCHI KOTEGAESHI
	YOKOMENUCHI UDEKIMENAGE
	CHUDANTSUKI IKKYO (OMOTE - URA)
	CHUDANTSUKI UDEKIMENAGE
	CHUDANTSUKI HIJIKIMEOSAE
AIKIKEN	Suburi
	HAPPO GIRI
AIKIJO	Suburi
	CHOKU-TSUKI
	GAESHI-TSUKI
	USHIRO-TSUKI
	TSUKI GEDAN-GAESHI
	TSUKI JODAN-GAESHI
	Kata
KATA 31 JUSQU'A 13	

### 3° KYU

- SUWARIWAZA	KATADORI NIKYO (OMOTE - URA)
	KATADORI SANKYO (OMOTE - URA)
	SHOMENUCHI SANKYO (OMOTE - URA)
	SHOMENUCHI IRIMINAGE (OMOTE - URA)
	SHOMENUCHI KOTEGAESHI
- TACHIWAZA	KATATEDORI SANKYO (OMOTE - URA)
	KATATEDORI YONKYO (OMOTE - URA)
	KATATEDORI UCHIKAITENNAGE (OMOTE - URA)
	MOROTEDORI IKKYO (OMOTE - URA)
	MOROTEDORI NIKYO (OMOTE - URA)
	RYOTEDORI IRIMINAGE (OMOTE - URA)
	RYOTEDORI KOTEGAESHI
	RYOTEDORI KOKYUNAGE
	SHOMENUCHI YONKYO (OMOTE - URA)
	SHOMENUCHI GOKYO
	YOKOMENUCHI UCHIKAITEN SANKYO (OMOTE - URA)
	CHUDANTSUKI SOTOKAITENNAGE (OMOTE - URA)
	CHUDANTSUKI UCHIKAITEN SANKYO (OMOTE - URA)
	JODANTSUKI IKKYO (OMOTE - URA)
	JODANTSUKI KOTEGAESHI
- USHIROWAZA	RYOTEDORI IKKYO (OMOTE - URA)
	RYOTEDORI HIJIKIMEOSAE
	RYOTEDORI KOTEGAESHI
	RYOTEDORI SHIHONAGE (OMOTE - URA)
	RYOTEDORI IRIMINAGE (OMOTE - URA)
- AIKIKEN	KUMITACHI 1
	KUMITACHI 2
	KUMITACHI 3
-AIKIJO	Suburi
	SHOMEN UCHIKOMI
	RENZOKU UCHIKOMI
	MEN-UCHI GEDAN-GAESHI
	MEN-UCHI USHIRO-TSUKI
	GYAKU YOKOMEN USHIRO-TSUKI
	Kata
KATA 31	

2° KYU

- SUWARI WAZA	SHOMENUCHI YONKYO (OMOTE - URA)		
	SHOMENUCHI SOTOKAITENNAGE		
	RYOKATADORI IKKYO (OMOTE - URA)		
	JODANTSUKI IKKYO (OMOTE - URA)		
	CHUDANTSUKI KOTEGAESHI		
- TACHIWAZA	YOKOMENUCHI NIKYO (OMOTE - URA)		
	YOKOMENUCHI SANKYO (OMOTE - URA)		
	YOKOMENUCHI YONKYO (OMOTE - URA)		
	YOKOMENUCHI GOKYO		
	YOKOMENUCHI KOSHINAGE		
	MUNADORI IKKYO (OMOTE-URA)		
	MUNADORI SHIHONAGE (OMOTE - URA)		
	MUNADORI UCHIKAITEN SANKYO (OMOTE - URA)		
	KATADORI MENUCHI IKKYO (OMOTE - URA)		
	KATADORI MENUCHI SHIHONAGE (OMOTE - URA)		
	KATADORI MENUCHI KOTEGAESHI		
	KATADORI MENUCHI IRIMINAGE (OMOTE - URA)		
	KATADORI MENUCHI KOSHINAGE		
	JODANTSUKI NIKYO (OMOTE - URA)		
	JODANTSUKI SANKYO (OMOTE - URA)		
	MAEGERI IRIMINAGE		
- USHIROWAZA	ERIDORI IKKYO (OMOTE - URA)		
	RYOKATADORI IKKYO (OMOTE - URA)		
	RYOKATADORI NIKYO (OMOTE - URA)		
	RYOKATADORI SANKYO (OMOTE - URA)		
	RYOKATADORI IRIMINAGE (OMOTE - URA)		
	RYOKATADORI KOTEGAESHI		
	RYOKATADORI IRIMINAGE (OMOTE - URA)		
	KATATEDORI KUBISHIME IKKYO (OMOTE - URA)		
- AIKIKEN	KUMITACHI 4	- AIKIJO	Suburi
	KUMITACHI 5		HASSO-GAESHI-UCHI
	KI MUSUBI NO TACHI		HASSO-GAESHI-TSUKI
			HASSO-GAESHI USHIRO-TSUKI
- AIKIJO	Suburi		HASSO-GAESHI USHIRO-UCHI
	KATATE GEDAN-GAESHI		HASSO-GAESHI USHIRO-HARAI
	TOMA KATATE-UCHI		HIDARI NAGARE-GAESHI-UCHI
	KATATE HACHI-NO-JI-GAESHI		MIGI NAGARE-GAESHI-TSUKI

**1er KYU**

- SUWARIWAZA	RYOKATADORI SANKYO (OMOTE - URA)
	RYOKATADORI YONKYO (OMOTE - URA)
	KATADORI MENUCHI IKKYO (OMOTE - URA)
	KATADORI MENUCHI NIKYO (OMOTE - URA)
- HANMIHANDACHIWAZA	KATATEDORI SHIHONAGE (OMOTE - URA)
	KATATEDORI UCHIKAITENNAGE (OMOTE - URA)
	KATATEDORI IKKYO (OMOTE - URA)
	RYOTEDORI SHIHONAGE (OMOTE - URA)
- TACHIWAZA	MUNADORI MENUCHI IKKYO (OMOTE - URA)
	MUNADORI MENUCHI NIKYO (OMOTE - URA)
	MUNADORI MENUCHI SANKYO (OMOTE - URA)
	MUNADORI MENUCHI KOSHINAGE
	JODANTSUKI YONKYO (OMOTE - URA)
	JODANTSUKI KOSHINAGE
	JODANTSUKI IRIMINAGE (OMOTE - URA)
	JODANTSUKI SHIHONAGE (OMOTE - URA)
	JODANTSUKI SOTOKAITENNAGE (OMOTE - URA)
	JODANTSUKI USHIROKIRIOTOSHI (OMOTE - URA)
- USHIROWAZA	RYOTEDORI YONKYO (OMOTE - URA)
	RYOTEDORI KOKYUNAGE
	RYOTEDORI KOSHINAGE
	KATATEDORI KUBISHIME NIKYO (OMOTE - URA)
	KATATEDORI KUBISHIME SANKYO (OMOTE - URA)
	ERIDORI NIKYO (OMOTE - URA)
	ERIDORI SANKYO (OMOTE - URA)
	ERIDORI IRIMINAGE (OMOTE - URA)
- AIKIKEN	SORAGA NO TACHI
	MA-AI NO TACHI
- AIKIJO	KUMIJO 1
	KUMIJO 2
	KUMIJO 3
	KUMIJO 4
	KUMIJO 5