

合氣道

ИЗПИТНА ПРОГРАМА

Национален Айкидо Съюз

от 5 KYU до 1 KYU



TACHI WAZA

AIHANMI
KATATE-DORI

IKKYO
SHIHO - NAGE
IRIMI - NAGE

KATATE-DORI

IKKYO
SHIHO - NAGE

SHOMEN-UCHI

IKKYO
IRIMI - NAGE

SUWARI WAZA

RYOTE-DORI

KOKYU - HO

BUKI WAZA - BOKKEN

SEIGAN

MIGI GEDAN
HIDARI GEDAN
JODAN
HASSO
GEDAN
SHOMEN
YOKOMEN
TSUKI
KESA

BUKI WAZA - JO

JUNTE

TSUKI
SHOMEN
KESA

GYAKUTE

TSUKI
SHOMEN
KESA

TACHI WAZA

AIHANMI
KATATE-DORISANKYO
UCHIKAITEN SANKYO Irimi
IRIMI - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE

KATATE-DORI

IKKYO
NIKYO
IRIMI - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE

KATA-DORI

IKKYO
NIKYO

RYOTE-DORI

SHIHO - NAGE

SHOMEN-UCHI

IKKYO
IRIMI - NAGE

YOKOMEN-UCHI

SHIHO - NAGE

SUWARI WAZA

KATA-DORI

NIKYO

SHOMEN-UCHI

IKKYO
IRIMI - NAGE

RYOTE-DORI

KOKYU - HO

BUKI WAZA - BOKKEN

SUBURI
(TASHI WAZA)

SUBURI 1 & 2

BUKI WAZA - JO

KESA

JODAN
CHUDAN
GEDAN

TACHI WAZA

KATATE-DORI

SANKYO
KOTEGAESHI - NAGE
TENCHI - NAGE
KAITEN - NAGE (UCHI)
KOKYU - NAGE

RYOTE-DORI

IKKYO
NIKYO
SHIHO - NAGE
UDEKIMI - NAGE
TENCHI - NAGE
KOKYU - NAGE

**MOROTE-DORI
(KATATE
RYOTE-DORI)**

IKKYO
SHIHO - NAGE

SHOMEN-UCHI

IKKYO
NIKYO
SANKYO
YONKYO
KOTEGAESHI - NAGE

YOKOMEN-UCHI

SHIHO - NAGE
IRIMI - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE

CHUDAN TSUKI

IRIMI - NAGE
UDEKIMI - NAGE

**USHIRO
RYOTE-DORI**

IKKYO
SHIHO - NAGE
IRIMI - NAGE
KOTEGAESHI - NAGE

SUWARI WAZA

**AIHANMI
KATATE-DORI**

IKKYO

KATATE-DORI

IKKYO
NIKYO

KATA-DORI

NIKYO

SHOMEN-UCHI

IKKYO
SANKYO
YONKYO
IRIMI - NAGE

RYOTE-DORI

KOKYU - HO

BUKI WAZA - BOKKEN

**SUBURI
(TASHI WAZA)**

SUBURI 1, 2, 3 & 4

SEIGAN

SHIHO GIRI

SHOMEN

KIRI OTOSHI - JODAN

BUKI WAZA - JO

KESA

KESA UCHI 1 & 2

TSUKI

**CHOKU TSUKI
KAESHI TSUKI
HARAI TSUKI**

SHOMEN

NAGASHI UCHI

TACHI WAZA

AIHANMI
KATA-DORI

KOSHI - NAGE

KATATE-DORI

KOSHI - NAGE
KAITEN-NAGE (UCHI, SOTO)

KATA-DORI

IKKYO
NIKYO
SANKYO
YONKYOMAE
RYOKATA-DORIIKKYO
NIKYO
SANKYO
YONKYO
SHIHO - NAGE

RYOTE-DORI

IRIMI - NAGE
TENCHI - NAGE
KOKYU - NAGEMOROTE-DORI
(KATATE
RYOTE-DORI)UDEKIMI - NAGE
KOTEGAESHI - NAGE

SHOMEN-UCHI

IKKYO
NIKYO
SANKYO
YONKYO
GOKYO
KAITEN - NAGE
KOKYU - NAGE

YOKOMEN-UCHI

IRIMI - NAGE
TENCHI - NAGE
KOTEGAESHI - NAGE

CHUDAN TSUKI

IRIMI - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE

JODAN STUKI

HIJI KIMI OSAE

MUNA-DORI

SHIHO - NAGE

USHIRO
RYOKATA-DORIIRIMI - NAGE
SOKUMEN IRIMI - NAGEUSHIRO
RYOTE-DORIIKKYO
NIKYO
SANKYO
YONKYO
SHIHO - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE
KAITEN - NAGE
KOKYU - NAGE
JUJI GARAMI

HANMI-HANDACHI WAZA

KATATE-DORI

SHIHO - NAGE
KAITEN-NAGE (UCHI, SOTO)

SUWARI WAZA

KATA-DORI

NIKYO

SHOMEN-UCHI

IKKYO
NIKYO
SANKYO
YONKYO
IRIMI - NAGE
KAITEN - NAGE

YOKOMEN-UCHI

IRIMI - NAGE

RYOTE-DORI (SEIZA)

KOKYU - HO

JIYU - WAZA

KATATE-DORI

BUKI WAZA - BOKKEN

SUBURI
(TASHI WAZA)

SUBURI 1, 2, 3, 4, 5 & 6

SUBURI
(SUWARI WAZA)

SUBURI 1, 2, 3, 4, 5 & 6

KIRI KAESHI

NAGASHI ICHI
SURI OTOSHI

SEIGAN

HAPPO GIRI

SHOMEN

KIRI OTOSHI
JODAN, GEDANI)

BUKI WAZA - JO

KESA

MAKI OTOSHI

TSUKI

MAKI OTOSHI

SHOMEN

OTOSHI TSUKI - 1, 2, 3

TAGHI WAZA

KATATE-DORI

SHIHO - NAGE
IRIMI - NAGE
KAITEN - NAGE
KOKYU - HO

KATA-DORI

NIKYO
SANKYO
YONKYOKATADORI
MEN UCHINIKYO
SANKYO
YONKYO
SHIHO - NAGE
IRIMI - NAGE
UDEKIMI - NAGE
KOTEGAESHI - NAGE

RYOTE-DORI

SHIHO - NAGE
KOTEGAESHI - NAGE
TENGIHI - NAGE
KOSHI - NAGE
JUJI - NAGEUSHIRO
RYOTE-DORINIKYO
SANKYO
YONKYO
IRIMI - NAGE (SOKUMEN)
UDEKIMI - NAGE
KAITEN - NAGE
KOKYU - NAGE
JUJI GARAMI

SHOMEN-UCHI

IKKYO
NIKYO
YONKYO
GOKYO
IRIMI - NAGE
KAITEN - NAGE
KOKYU - NAGE
USHIRO KIRI OTOSHI
AIKI - NAGE

YOKOMEN-UCHI

NIKYO
SANKYO
YONKYO
GOKYO
TENCHI - NAGE
KOKYU - NAGE
KOSHI - NAGE
AIKI - OTOSHIMAE
RYOKATA-DORI

KOKYU - NAGE

USHIRO
RYOKATA-DORIIRIMI - NAGE (SOKUMEN)
KOTEGAESHI - NAGE
AIKI OTOSHI

MUNA-DORI	NIKYO SANKYO YONKYO SHIHO - NAGE IRIMI - NAGE UDEKIMI - NAGE KOTEGESHI - NAGE
MOROTE-DORI (KATATE RYOTE-DORI)	UDEKIMI - NAGE KOTEGAESHI - NAGE
STUKI	IRIMI - NAGE KOTEGAESHI - NAGE KAITEN - NAGE HIJIKIME OSAE
JODAN TSUKI	USHIRO KIRI OTOSHI
USHIRO KATATE-DORI KUBISHIME	SANKYO SHIHO - NAGE KOKYU - NAGE KOSHI - NAGE
USHIRO RYOHIDJI-DORI	SANKYO IRIMI - NAGE (SOKUMEN)
FUTARI - DORI	SHIHO - NAGE KOKYU - NAGE

HANMI-HANDACHI WAZA

KATATE - DORI	KAITEN - NAGE KOKYU - NAGE
RYOTE - DORI	SHIHO - NAGE KOTEGAESHI - NAGE
SHOMEN - UCHI	IKKYO IRIMI - NAGE AIKI - NAGE

SUWARI WAZA

SHOMEN-UCHI	GOKYO KOTEGESHI - NAGE
YOKOMEN-UCHI	KOTEGAESHI - NAGE
RYOTE-DORI (SEIZA)	KOKYU - HO

JIYU - WAZA

	KATATE - DORI RYOTE - DORI KATATE RYOTE - DORI YOKOMEN - UCHI USHIRO RYOTE - DORI
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BUKI WAZA - BOKKEN

**SUBURI
(TASHI WAZA)**

SUBURI 1,2,3,4,5,6,7,8

**SUBURI
(SUWARI WAZA)**

SUBURI 1,2,3,4,5,6,7,8

KIRI KAESHI

NAGASHI ICHI
SURI OTOSHI
MAKI ICHI
SURI AGE

KIRI OTOSHI

JODAN
CHUDAN
GEDAN

BUKI WAZA - JO

KESA

KAETE UCHI OTOSHI

TSUKI

KAESHI ICHI OTOSHI-1,2
KESA UCHI -
JODAN, CHUDAN, GEDAN

SHOMEN

MAKI OTOSHI
JUMONJI SURI OTOSHI-1,2