

**• WYMAGANIA EGZAMINACYJNE 12 - 7 kyu**  
**• Ogólnopolskie Stowarzyszenie Aikido "Aikikai Polska" •**

| KYU  | 12. kyu   | 11. kyu  | 10. kyu  | 9. kyu           | 8. kyu                           | 7. kyu                                  |
|--|---|--|--|------------------|----------------------------------|---|
| Minimalna ilość dni treningowych od rozpoczęcia ćwiczenia Aikido | <b>25</b>   | <b>50</b>  | <b>80</b>  | <b>110</b>       | <b>145</b>                       | <b>180</b>                              |
| <b>Kihon</b>   | Seiza-Ho<br>Rei-Ho :<br>Tachi Rei<br>Za Rei<br>Kamae:<br>Migi Kamae [T]<br>Hidari Kamae [T] | Hanza<br>Sonkyo                                      | Shizen Tai<br>Shizenhon Tai                              |                  |                                  |   |
| <b>Taisabaki</b>   | Ayumi-Ashi [T]<br>Irimi-Tenkan [T]  | Tenkai [T]<br>Irimi-Tenkan [S]                       | Tsugi-Ashi<br>Irimi-Tenkai                               |                  |                                  |   |
| <b>Ukemi</b>   | Mae [S]<br>Ushiro [S]   | Mae [Hanza]<br>Ushiro [Hanza]<br>Ushiro Choku To [S] | Mae [T]<br>Ushiro [T]<br>Ushiro Choku To [T]<br>Yoko [S] |                  |                                  |   |
| <b>Katate dori ai hanmi</b>                                      |   |  |  | Udekime Nage [T] |                                  |   |
| <b>Katate dori</b>   | Tai No Tenkan Ho  |  | Sumi Otoshi [T]  | Ten Chi Nage [T] | Kokyu Nage [T]                   | Shiho Nage [T]                          |
| <b>Shomen Uchi Awase /<br/>Kontakt Mono-Uchi</b>                 |   | Ushiro Kiri Otoshi [T]<br>Ikkyo Ura [S]              |  | Ikkyo Ura [T]    | Irimi Nage Ura [T]               | Ikkyo Omote [T]<br>Irimi Nage Omote [T] |
| <b>Ryote dori</b>  |   |  |  |                  | Ten Chi Nage [T]<br>Kokyu Ho [S] |   |
| <b>Ushiro Ryo-Kata dori</b>                                      |   |  | Kokyu Nage [H]   |                  |                                  |   |

\* [T] Tachi Waza, [H] Hanmi Hantachi Waza , [S] Suwari Waza