

合気道



## Angriffsarten

		Angriffsarten															
		Katate-tori	Ryote-tori	Katate-Ryote-tori	Mune-tori	Yoko-kubi-shime	Ushiro-Ryokata-tori	Ushiro-kakae-tori	Ushiro-Ryote-tori	Ushiro-Eri-tori	Ushiro-Katate-tori Kubi-shime	Ushiro-Kubi-shime	Yokomen-Uchi	Shomen-Uchi	Shomen-Tsuki		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14		
Verteidigungstechniken	NAGE - WAZA	1 Shiho-Nage	5	5	5	5				4				4			
		2 Kaiten-Nage-Uchi	4											4	4	4	
		3 Irimi-Nage	4	4	4					3				3	3	3	
		4 Kaiten-Nage-Soto	3												3	3	
		5 Aiki-Otoshi					2	2	2								
		6 Koshi-Nage		2		2	2					2	2	2	2	2	
		7 Kote-Gaeshi	1	1	1					1				1	1	1	
		8 Koshi-Nage-Hiji-garami								1							
		9 Koshi-Nage-Kote-hineri	1							1							
		10 Juji-Garami								1		1					
		11 Tenchi-Nage		1.D.		1.D.						1.D.			1.D.	1.D.	1.D.
		12 Sumi-Otoshi	1.D.	1.D.													
		13 Kokyu-Nage		1.D.	1.D.			1.D.	1.D.			1.D.		1.D.	1.D.		
	KATAME - WAZA	1 Ude-Osae (ikkyo)	5	5	5	5		4		4	4	4		4	4	4	
		2 Kote-Mawashi (nikiyo)	3	3	3	3		3		3	3	3		3	3	3	
		3 Kote-Hineri (sankyo)	2	2	2	2		2		2	2	2		2	2	2	
		4 Tekubi-Osae (yonkyo)	1	1	1	1		1		1	1	1		1	1	1	
		5 Ude-Nobashi (gokyo)	1											1			