

# KYU-WAZA

*Ki-Aikido program polaganja do instruktorskog stupnja (II. Kyu)*

WWW.AI-KIDOVELIKAGORICA.COM

## V. KYU

### *Hitoriwaza*

1. Udefuri waza
2. Udefuri Choyaku waza
3. Tenkan waza
4. Sayu waza
5. Sayu Choyaku waza
6. Ushiro Ukemi waza
7. Zempo Kaiten waza



### *Kumiwaza*

1. Katate Kosadori Kokyunage
2. Katatedori Ryotemochi Kokyunage  
Tobikomi
3. Katatedori Tenkan Kokyunage
4. Katatedori Ikkyo Irimi
5. Zagi Ryotedori Kokyunage  
Irimi

## IV. KYU

### *Hitoriwaza*

- Sve tehnike iz V. Kyu
1. Ikkyo waza
  2. Zengo waza
  3. Happo waza
  4. Zenshin Koshin waza
  5. Zenshin Koshin Choyaku waza



### *Kumiwaza*

1. Katadori Ikkyo (irimi/tenkan)
2. Katatedori Ryotemochi Kokyunage  
Udemawashi
3. Katatedori Shihonage  
(irimi/tenkan)
4. Yokomenuchi Shihonage  
(irimi/tenkan)
5. Shomenuchi Koteoroshi
6. Munatsuki Koteoroshi

## III. KYU

### *Hitoriwaza*

- Sve tehnike iz V. i IV. Kyu
1. Nikyo waza
  2. Koteoroshi waza
  3. Sankyo waza
  4. Funakogi waza
  5. Ushirotori waza



### *Kumiwaza*

1. Katadori Nikyo (irimi/tenkan)
2. Katate Kosadori Makikaeshi
3. Ryotedori Kokyunage  
(get rid of the hold)
4. Katatedori Kokyunage irimi
5. Munatsuki Ikkyo
6. Munatsuki Zemponage
7. Yokomenuchi Kokyunage
8. Shomenuchi Kokyunage
9. Ushirodori Kokyunage
10. Ushirotekubitori Zemponage
11. Ushirotekubitori Kokyunage  
Uragaeshi

## II. KYU

### *Hitoriwaza*

- Sve tehnike iz V., IV. i III. Kyu
1. Kahotekubi Kosa waza
  2. Johotekubi Kosa waza
  3. Ushirotekubitori Zenshin waza
  4. Ushirotekubitori Koshin waza



### *Kumiwaza*

1. Katadori Sankyo (irimi/tenkan)
2. Katate Kosadori Kirikaeshi
3. Ushirotekubitori Ikkyo
4. Ushirotekubitori Koteoroshi
5. Ushirotekubitori Kubijime  
Sankyo (2 strane)
6. Ryotedori Tenchinage  
(irimi/tenkan)
7. Ryotedori Kokyunage
8. Katatedori Ryotemochi Kokyunage  
(irimi/tenkan)
9. Shomenuchi Ikkyo (irimi/tenkan)
10. Yokomenuchi Zemponage
11. Zagi Ryotedori Kokyunage (3)