

# Ishin-Denshin-Ryu André Nocquet

Aikido  
Prüfungstechniken vom  
5. bis zum 1. Kyu

	Katate-tori	Ryote-tori	Katate-Ryote-	Mune-tori	Yoko-kubi-	Ushiro-ryokata-	Ushiro-kakae-	Ushiro-ryote-	Ushiro-eri-tori	Ushiro-katate-	tori-kubi-shime	Ushiro-kubi-	Yokomen-uchi	Shomen-uchi	Shomen-tsuki	
Shiho-nage	5	5	5	5				4					4			Nage - waza
Kaiten-nage-uchi	4												4	4	4	
Irimi-nage	4	4	3					3					3	3	3	
Kaiten-nage-soto	3													3	3	
Aiki-otoshi					2	2	2					2				
Koshi-nage		2		2	2	2	2		2	2	2	2	2	2	2	
Kote-gaeshi	1	1	1					1	1				1	1	1	
Koshi-nage-hiji-garami								1								
Koshi-nage-kote-hineri								1								
Juji-garami								1		1						
Ikkyo (Ude-osae)	5	5	5	5		4		4	4	4			4	4	4	Katame - waza
Nikyo (Kote-mawashi)	3	3	3	3		3		3	3	3			3	3	3	
Sankyo (Kote-hineri)	2	2	2	2		2		2	2	2			2	2	2	
Yonkyo (Tekubi-osae)	1	1	1	1		1		1	1	1			1	1	1	
Gokyo (Ude-nobashi )													1			
Randori	2	2	2										1	1	1	