

## Exameneisen Iwa ryu aikido / ASN

### ZESDE KYU

#### TACHI WAZA (staande technieken)

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Aanval	Techniek	!		
kosa dori	irimi nage		UKEMI WAZA (val- en roltechnieken)	
	kotegaeshi			
	ikkyo			SHIKKO (lopen in kniezit)
	shiho nage			
	uchi kaiten nage			TAI SABAKI (lichaamsverplaatsing)
shomen uchi	sankyo			
	irimi nage	#		

### VIJFDE KYU

#### TACHI WAZA

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Aanval	Techniek	!
shomen uchi	ikkyo	#
	nikyo	#
	kotegaeshi	#
chudan tsuki	iriminage	#
	kotegaeshi	
katate dori	shiho nage	#
	tenchi nage	
	ikkyo	
	udekime nage	
	kokyu nage	

#### TACHI WAZA

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Aanval	Techniek	!
kata dori	ikkyo	#
<hr/> SUWARI WAZA <hr/>		
Aanval	Techniek	!
shomen uchi	ikkyo	#
kata dori	ikkyo	#
ryote dori	zagi ho	#

### VIERDE KYU

#### TACHI WAZA

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Aanval	Techniek	!
shomen uchi	sankyo	#
	uchi kaiten sankyo	#
yokomen uchi	shiho nage	#
	irimi nage	
	tenchi nage	
	kotegaeshi	
	udekime nage	
chudan tsuki	ikkyo	
	hiji kime osae	
jodan tsuki	ikkyo	
ryote dori	shiho nage	#
	tenchi nage	#
	udekime nage	
	ikkyo	

#### TACHI WAZA

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Aanval	Techniek	!
katate dori	nikyo	
	kotegaeshi	#
	kotegaeshi	
morote dori	nikyo	#
	kokyu nage	
	tenchi nage	
<hr/> SUWARI WAZA <hr/>		
Aanval	Techniek	!
shomen uchi	nikyo	#
kata dori	nikyo	#
ryote dori	zagi ho	

# Exameneisen Iwa ryu aikido / ASN

## DERDE KYU

### TACHI WAZA

Aanval	Techniek	!
shomen uchi	yonkyo	#
	gokyo	#
yokomen uchi	ikkyo	#
	uchi kaiten sankyo	
chudan tsuki	soto kaiten nage	#
	uchi kaiten sankyo	
jodan tsuki	shiho nage	
	kotegaeshi	#
	irimi nage	#
katate dori	irimi nage	#
	uchi kaiten nage	#
	soto kaiten nage	#
	sankyo	
	yonkyo	
morote dori	ikkyo	
	nikyo	
ryote dori	irimi nage	
	kotegaeshi	
	kokyu nage	

### UCHIRO WAZA

Aanval	Techniek	!
ryote dori	ikkyo	#
	nikyo	#
	sankyo	#
	yonkyo	#
	hiji kime osae	
	shiho nage	
	irimi nage	#
	kotegaeshi	#
	kaiten nage	#
	kokyu nage	#
	jiyu waza	#

### SUWARI WAZA

Aanval	Techniek	!
shomen uchi	irimi nage	
	kotegaeshi	
	sankyo	#

## TWEEDE KYU

### TACHI WAZA

Aanval	Techniek	!
yokomen uchi	nikyo	#
	sankyo	#
	yonkyo	#
	gokyo	#
	koshi nage	
mune dori	ikkyo	
	shiho nage	
	uchi kaiten nage	
kata dori	ikkyo	#
	nikyo	#
	sankyo	#
	yonkyo	#

### TACHI WAZA

Aanval	Techniek	!
kata dori men uchi	shiho nage	
	kotegaeshi	
	irimi nage	
	koshi nage	
	ikkyo	
jodan tsuki	nikyo	
	sankyo	
mae, mawashi geri	irimi nage	
katate dori	jiyu waza	#

zie vervolg

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### TWEDE KYU (vervolg)

#### UCHIRO WAZA

Aanval	Techniek	!
eri dori	ikkyo	
ryokata dori	ikkyo	
	nikyo	
	sankyo	
	irimi nage	
	kotegaeshi	
ryohiji dori	irimi nage	
	kotegaeshi	
katate dori kubishime	ikkyo	

#### SUWARI WAZA

Aanval	Techniek	!
shomen uchi	yonkyo	#
	soto kaiten nage	
kata dori	ikkyo	#
	nikyo	#
	sankyo	#
	yonkyo	#
ryokata dori	ikkyo	
chudan tsuki	kotegaeshi	
jodan tsuki	ikkyo	

### EERSTE KYU

#### TACHI WAZA

Aanval	Techniek	!
mune dori men uchi	ikkyo	
	nikyo	
	sankyo	
	koshi nage	
jodan tsuki	yonkyo	
	koshi nage	
	irimi nage	#
	shiho nage	#
	soto kaiten nage	#
	kiri otoshi	
katate dori	jiyu waza	#
ryote dori	jiyu waza	#
morote dori	jiyu waza	#

#### UCHIRO WAZA

Aanval	Techniek	!
ryote dori	yonkyo	
	kokyu nage	
	koshi nage	
katate dori kubishime	nikyo	
	sankyo	
eri dori	nikyo	
	sankyo	
	irimi nage	

#### HANMI HANDACHI WAZA

Aanval	Techniek	!
katate dori	shiho nage	#
	uchi kaiten nage	#
	ikkyo	
ryote dori	shiho nage	#
ushiro ryokata dori	jiyu waza	#

#### SUWARI WAZA

Aanval	Techniek	!
yokomen uchi	ikkyo	#
	nikyo	#
	sankyo	#
	yonkyo	#
	gokyo	#
ryokata dori	sankyo	
	yonkyo	
kata dori men uchi	irimi nage	
	kokyu nage	
ryote dori	zagi ho	#