



POLSKA GRUPA AIKIDO

# Wymagania egzaminacyjne

## Polskiej Grupy Aikido

### Młodzież (15+) i Dorośli (7 kyu – 1 kyu)

#### 7 kyu – Minimum 20 dni treningowych od rozpoczęcia zajęć

Seiza	japoński sposób siedzenia
Hidari Hanmi / Migi Hanmi	pozycja lewa/ pozycja prawa
Koho Tento Undo	
Mae Ukemi	
Ushiro Ukemi	
Tenkan undo	prawa, lewa
Irimi tenkan undo	prawa, lewa
Chudan Tsuki	prawa, lewa
Shomen uchi	prawa, lewa
Yokomen uchi	prawa, lewa
1. Ai Hanmi katate dori ikkyo	omote/ura
2. Ai Hanmi katate dori kokyu nage	
3. Ai Hanmi katate dori kotegaeshi	
4. Katate dori ikkyo	omote/ura
5. Shomen uchi ikkyo	omote/ura
6. Suwari waza Ryote dori kokyu ho	

#### 6 kyu – Minimum 30 dni treningowych od ostatniego egzaminu

Tobi Ukemi	prawa, lewa
Maegeri	prawa, lewa
Yoko Ukemi	prawa, lewa
7. Katate dori Uchi kaiten nage	omote /ura
8. Shomen uchi kokyu nage	
9. Ai Hanmi katate dori nikyo	omote/ura
10. Ai Hanmi katate dori ude kime nage	omote /ura
11. Kata dori ikkyo	omote /ura
12. Ushiro dori kokyu nage	
13. Suwari waza: Ai Hanmi katate dori ikkyo	omote /ura

#### **5 kyu – Minimum 30 dni treningowych od ostatniego egzaminu**

14. Ai Hanmi katate dori shiho nage	omote/ura
15. Katate dori shiho nage	omote/ura
16. Shomen uchi nikyo	omote/ura
17. Shomen uchi kote gaeshi	
18. Shomen uchi uchi kaiten nage	omote/ura
19. Katate dori nikyo	omote/ura
20. Katate dori ude kime nage	omote/ura
21. Katate dori kote gaeshi	omote/ura
22. Ushiro Ryokata dori kokyu nage	
23. Suwari waza: Shomen uchi ikkyo	omote/ura
24. Suwari waza: Shomen uchi nikyo	omote/ura
25. Kamae z Bokken	
26. Ken suburi (1-3)	

#### **4 kyu – Minimum 40 dni treningowych od ostatniego egzaminu**

27. Shomen uchi sankyo	omote/ura
28. Shomen uchi irimi nage	
29. Katate dori kaiten nage uchi/soto	omote/ura
30. Katate dori irimi nage	
31. Katate dori sumi otoshi	
32. Katate dori sankyo	omote/ura
33. Katate dori yonkyo	omote/ura
34. Katate dori Sokumen irimi nage	
35. Yokomen uchi ikkyo	omote/ura
36. Yokomen uchi nikyo	omote/ura
37. Yokomen uchi sankyo	omote/ura
38. Yokomen uchi shiho nage	omote/ura
39. Yokomen uchi ude kime nage	omote/ura
40. Chudan tsuki kote gaeshi	
41. Suwari waza: Ai Hanmi katate dori irimi nage	
42. Suwari waza: Katate dori ikkyo	omote/ura
43. Suwari waza: Katate dori nikyo	omote/ura
44. Suwari waza: Katate dori irimi nage	
45. Suwari waza: Katate dori kote gaeshi	
46. Ken suburi (1-7)	
47. jo-no-bu (1-5)	

**3 kyu – Minimum 50 dni treningowych od ostatniego egzaminu,  
uczestnictwo w minimum jednym seminarium Aikido po  
zdobyciu 4 kyu**

48. Shomen uchi gokyo	omote/ura
49. Shomen uchi shiho nage	omote/ura
50. Katate dori koshi nage	
51. Katate dori kokyu nage (3)	
52. Kata dori nikyo	omote/ura
53. Kata dori sankyo	omote/ura
54. Kata dori yonkyo	omote/ura
55. Ryote dori ikkyo	omote/ura
56. Ryote dori shiho nage	omote/ura
57. Ryote dori irimi nage	
58. Ryote dori tenchi nage	omote/ura
59. Ryote dori kote gaeshi	
60. Ushiro Ryote dori ikkyo	omote/ura
61. Ushiro Ryote dori nikyo	omote/ura
62. Ushiro Ryote dori shiho nage	omote/ura
63. Suwari waza: Shomen uchi sankyo	omote/ura
64. Suwari waza: Shomen uchi yonkyo	omote/ura
65. Hanmi Handachi Waza: Ryote dori shiho nage	omote/ura
66. - jo-no-bu (1-10)	
67. Jo kata 13	

**2 kyu – Minimum 50 dni treningowych od ostatniego egzaminu,  
uczestnictwo w minimum jednym seminarium Aikido po  
zdobyciu 3 kyu**

68. Ashi Sabaki	prawa, lewa
69. Kata dori menuuchi ikkyo	omote/ura
70. Kata dori menuuchi nikkyo	omote/ura
71. Kata dori menuuchi sankyo	omote/ura
72. Shomen uchi yonkyo	omote/ura
73. Yokomen uchi yonkyo	omote/ura
74. Yokomen uchi gokyo	omote/ura
75. Jodan tsuki ikkyo	omote/ura
76. Jodan tsuki nikyo	omote/ura
77. Jodan tsuki sankyo	omote/ura
78. Ushiro Ryote dori irimi nage	
79. Ushiro Ryote dori kote gaeshi	
80. Ushiro Ryote dori sokumen irimi nage	
81. Suwari waza: Kata dori ikkyo	omote/ura

82. Suwari waza: Kata dori nikyo	omote/ura
83. Suwari waza: Shomen uchi gokyo	omote/ura
84. Suwari waza: Shomen uchi irimi nage	
85. Suwari waza: Shomen uchi kote gaeshi	
86. Suwari waza: Kata dori sankyo	omote/ura
87. Hanmi Handachi Waza: Katate dori nikyo	omote/ura
88. Hanmi Hanndachi Waza: Katate dori uchi kaiten nage	omote/ura
89. Ken awase (1-7)	
90. jo-no-bu (1-20)	

**1 kyu – Minimum 60 dni treningowych od ostatniego egzaminu,  
uczestnictwo w minimum jednym seminarium Aikido z shihanem  
i jednym seminarium aikido z członkiem Rady Technicznej PGA  
po zdobyciu 2 kyu**

91. Kata dori menuuchi shiho nage	omote/ura
92. Kata dori menuuchi irimi nage	omote/ura
93. Kata dori menuuchi kote gaeshi	omote/ura
94. Yokomen uchi irimi nage	
95. Yokomen uchi kote gaeshi	
96. Ushiro ryote dori juji nage	
97. Ushiro Ryo kata dori ikkyo	omote/ura
98. Ushiro Ryo kata dori nikyo	omote/ura
99. Ushiro Ryo kata dori sankyo	omote/ura
100. Chudan tsuki ikkyo	omote/ura
101. Chudan tsuki nikyo	omote/ura
102. Chudan tsuki sankyo	omote/ura
103. Chudan tsuki irimi nage	omote/ura
104. Chudan tsuki shiho nage	omote/ura
105. Jodan tsuki hiji kime osae	omote/ura
106. Ushiro eri dori ikkyo	omote/ura
107. Ushiro eri dori shiho nage	omote/ura
108. Ushiro Katate dori kubishime shiho nage	omote/ura
109. Suwari waza: Yokomen uchi ikkyo	omote/ura
110. Suwari waza: Yokomen uchi nikyo	omote/ura
111. Suwari waza: Yokomen uchi sankyo	omote/ura
112. Hanmi Handachi Waza: Katate dori shiho nage	omote/ura
113. Hanmi Handachi Waza: Shomen uchi ikkyo	omote/ura
114. Jo awase (1-8)	
115. Kata 13 jo awase	
116. Jo kata 31	