



Kobikan Dojo

# ФЕДЕРАЦИЯ АЙКИДО ЁШИНКАН

Официальное представительство Aikido Yoshinkan Foundation Japan

## ПРОГРАММА АТТЕСТАЦИИ • 1 дан

Название техники		
01. <b>Kihon Dosa:</b> Shumatsu Dosa (1)(2) Sotai Dosa		
02. Katate Mochi Ikkajo Osae (1)		
03. Ushiro Waza Katate Mae-eri Mochi Sankajo Nage		
04. Kata Mochi Hiji Ate Kokyu Nage		
05. Katate Mochi Sokumen Irimi Nage (1)		
06. Hanmi Handachi Katate Mochi Shiho Nage (1)		
07. Morote Mochi Tai no Henko Hiji Ate Kokyu Nage		
08. <b>Shitei Waza</b>		
09. <b>Shitei Waza</b>		
10. Mune Mochi Jiyu waza		

Shitei Waza		
01. Yokomen Uchi Shiho Nage (1)(2)		
02. Yokomen Uchi Ikkajo Osae (1)(2)		
03. Mune Mochi Nikajo Osae (1)(2)		
04. Yokomen Uchi Sankajo Osae (1)(2)		
05. Shomen Uchi Yonkajo Osae (1)(2)		
06. Shomen Uchi Shomen Irimi Nage (1)(2)		
07. Shomen Uchi Hiji Shime (1)(2)		
08. Shomen Uchi Kotegaeshi (1)(2)		