



Kobikan Dojo

ФЕДЕРАЦИЯ АЙКИДО ЁШИНКАН

Официальное представительство Aikido Yoshinkan Foundation Japan

ПРОГРАММА АТТЕСТАЦИИ • 6 кю

Название техники	ФИО	
01. Migi Hanmi Kamae, Hidari Hanmi Kamae		
02. Seiza Ho		
03. Koho Ukemi		
04. Den guri Gaeshi Ukemi		
05. Mae Shikko Ho, Ushiro Shikko Ho		
06. Zempo Kaiten Ukemi		
07. Koho Kaiten Ukemi		
08. Kihon Dosa: Tai no Henko (1)(2)		
09. Kihon Dosa: Hiriki no Yosei (1)(2)		
10. Kihon Dosa: Shumatsu Dosa (1)(2)		
11. Ryote Mochi Shiho Nage (1)(2)		
12. Katate Mochi Ikkajo Osae (1)(2)		
13. Shomen Uchi Nikajo Osae (1)(2)		
14. Yokomen Uchi Sankajo Osae (1)(2)		
15. Shomen Uchi Shomen Irimi Nage (1)(2)		

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