

Teknikker:	6. Ko	5. Ko	4. Ko	3. Ko	2. Ko	1. Ko
	Gul streg	Gul	Gul-orange	Orange	Orange-grøn	Grøn
1.a	Kizami Tsuki Age Uke + Chudan Gyaku Tsuki + Jodan Kizami Tsuki + Chudan Mae Geri	Ai Hanmi Katate Tori Gedan Mawashi Geri + Kote Gaeshi (omote).	Gyaku Mawashi Tsuki Gyaku Shuto Uke + Age Tsuki + Ippon Seoi Nage + Yoko Shiho Gatame	Mune Tori Teisho Uchi + Ude Hishigi Tai Waki Gatame (til gulv)	Gyaku Mawashi Tsuki Uchi Uke + Jodan Gyaku Mae Empi Uchi + Mune Tori + Kuzure Ude Hishigi (til gulv) + Ude Garami Henka Waza	Mae Jime Morote Shuto Uke + Kumade Uchi + Kubi Mawashi (til gulv) + Nukite
1.b	Kizami Tsuki jodan Age Uke + Gedan Mae Ashi Mawashi Geri + Gyaku Kannuki Gatame	Ai Hanmi Katate Tori Gedan Mae Ashi Mawashi Geri + Kote Gaeshi (ura)	Gyaku Mawashi Tsuki Shuto Uke + Gyaku Shuto Uchi + O Soto Gari/Otoshi + Kata Gatame	Mune Tori Uchi Shuto Uke + Teisho Uchi + Kannuki Gatame + Nedtagning med Tai Sabaki + Kannuki Gatame	Gyaku Mawashi Tsuki Uchi Uke + Teisho Uchi + Kuzure Ude Hishigi + Ushiro Empi Uchi	Mae Jime Morote Shuto Uke + Kumade Uchi + Hiza Geri
2.a	Chudan Gyaku Tsuki Te Nagashi Uke + Yoko Empi Uchi + O Goshi + Gyaku Tsuki	Chudan Mawashi Geri Soto Barai + Gyaku Uchi Shuto Uke + Jodan Gyaku Teisho Uchi + Mae Geri	Mae Geri Gedan Gyaku Te Nagashi Uke + Chudan Yoko Geri	Ushiro kubi Jime Ushiro Empi Uchi + Tai Waki Gatame (gyaku) + Ude Hishigi (på gulvet)	Ushiro Kubi Shime Ushiro Empi Uchi + Tai Otoshi + Gyaku Tsuki	Stokkeslag udefra (Gyaku) Uchi Shuto Uke + Teisho Uchi + Gedan Hazo Geri + Harai Goshi + Ude Hishigi
2.b	Chudan Gyaku Tsuki Te Nagashi Uke + Uchi Shuto Uchi + O Uchi Gari + Gyaku Tsuki	Chudan Mawashi Geri Soto Barai + Gyaku Uchi Shuto Uke + Ashi Hishigi Gatame + Gyaku Tsuki	Mae Geri Gedan Gyaku Te Nagashi Uke + Gedan Yoko Geri (knæhase) + Gyaku Mae Empi	Ushiro kubi Jime Ushiro Empi Uchi + Ippon Seoi Nage + Atemi	Ushiro Kubi Shime Ushiro Empi Uchi + Ude Garami Henka Waza	Stokkeslag udefra (Gyaku) Uchi Shuto Uke + Nikyo (til gulv)
3.a		Chudan Mae Geri Gedan Barai + Gyaku Tsuki + O Uchi Gari + Yoko Shiho Gatame		Mae Jime Morote Uke + Jodan Tate Tsuki + Ko Uchi Gari + Tate Shiho Gatame	Ai Hanmi + Gyaku Mawashi Tsuki Ikkyo (omote) + Fastholde på gulv	Knivstik nedefra Uchi Shuto Uke + Hangetsu Uke + Tani Otoshi + Otoshi Empi Uchi
3.b		Chudan Mae Geri Gedan Barai + Tate Tsuki + O Goshi + Hon Kesa Gatame		Mae Jime Morote Uke + Soto Shuto Uchi + Uki Goshi + Kannuki Gatame	Ai Hanmi + Gyaku Mawashi Tsuki Ikkyo (ura) + Ude Hishigi Juji Gatame	Knivstik nedefra Uchi Shuto Uke + Hangetsu Uke + Gedan Gyaku Haito Uchi + De Ashi barai + Gyaku Tsuki
4.a						Greb i kraven bagfra Yoko Empi Uchi + Sukui Nage + Gyaku Tsuki
4.b						Greb i kraven bagfra Hiza Geri + Hizi Maki Komi

Kihon:	6. Ko Gul streg	5. Ko Gul	4. Ko Gul-orange	3. Ko Orange	2. Ko Orange-grøn	1. Ko Grøn
Aikido Kihon						
Kote Gaeshi		Ai Hanmi Katate Tori	Gyaku Hanmi Katate Tori	Gyaku Hanmi Katate Tori		
Ikkyo					Ai Hanmi Katate Tori + Mawashi Tsuki	
Nikyo						Ai Hanmi Katate Tori
Aiki Otoshi						Ushiro Kakae Tori
Gaeshi Waza						Kote Gaeshi >< Kote Gaeshi
Nage Kihon						
	O Goshi	O Uchi Gari	Seoi Nage	Uki Goshi	Harai Goshi	Sukui Nage
			O Soto Gari/Otoshi	Ko Uchi Gari	Tai Otoshi	De Ashi Barai
						Tani Otoshi
Gaeshi Waza						Uki Goshi >< O Goshi
Rasoku/Ranraku Waza				O Goshi + O Uchi Gari	O Uchi Gari+ Ko Uchi Gari	O Soto Gari + Seoi Nage
Ne Waza	Hon Kesa Gatame	Yoko Shiho Gatame	Kata Gatame	Tate Shiho Gatame	Ude hishigi juji gatame	Gyaku Tate Shiho Gatame
Atemi Kihon						
Slagpuder:	Jodan Oi Tsuki	Chudan/Jodan Gyaku Tsuki	Mawashi Geri	Yoko Geri	Yoko Empi Uchi	Gedan Hazo Geri
	Chudan Oi Tsuki	Mae Geri	Gyaku Mae Empi Uchi	Age Tsuki	Uraken Uchi	Ushiro Geri
			Kizami Tsuki	Uchi Shuto Uchi		Haito Uchi
			Gyaku Mawashi Tsuki	Soto Shuto Uchi		

Kamp m.m.	6. Ko	5. Ko	4. Ko	3. Ko	2. Ko	1. Ko
	Gul streg	Gul	Gul-orange	Orange	Orange-grøn	Grøn
Kamp	Ne Waza *)	Ne Waza *)	Ne Waza *)	Ne Waza *)	Fighting - JJIF	Aikido *)
		Randori *)	Randori *)	Randori *)		Fighting - JJIF
		Kumite *)	Kumite *)	Kumite *)		
*) Laves som Yakusoku Geiko (let kamp)						
Duo		Duo - serie A	Duo - serie B	Duo - serie B	Duo - serie C	Duo - serie C
Frit forsvar:	5 stk.	10 stk.	15 stk.	20 stk.	25 stk.	30 stk. delvis forudsagte
						1) Slag/spark 2) Omklamringer 3) Greb 4) Våben 5) Dobbelt angreb 6) Frie angreb
Ukemi:	Yoko Ukemi	Yoko Ukemi	Yoko Ukemi	Yoko Ukemi	Yoko Ukemi **)	Yoko Ukemi **)
		Mae Maware Ukemi	Mae Maware Ukemi	Mae Maware Ukemi	Mae Otoshi Ukemi	Mae Otoshi Ukemi
			Ushiro Ukemi	Ushiro Ukemi	Ushiro Otoshi Ukemi	Ushiro Otoshi Ukemi
					**) over forhindring	**) over forhindring
Forkundskaber:		6. ko	6. ko til 5. ko	6. ko til 4. ko	6. ko til 3. ko	6. ko til 2. ko
Der skal vises en valgfri teknik i variation a & b fra hvert af de foregående bæltter.						
Andet:	Etikette	Etikette	Etikette	Etikette		
(kendskab til)	Hajime / Matte	Hajime / Matte	Hajime / Matte	Hajime / Matte		
	Afklapning	Afklapning	Afklapning	Afklapning		