



Prüfungsordnung AIKIDO im DAB Techniken bis 1. Dan Auszug aus POK-DAB ab 01.07.2013

VERTEIDIGUNGSTECHNIKEN

| | | ANGRIFFSARTEN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|----|--|--------------------------------------|--|---|--|---|--|---|--------------------------------------|---|--|---|---|---|---|---|---|---|--|----|---|----|---|----|--|----|---|----|---|----|--|--|--|--|--|--|--|--|--|--|
| 1 | Shiho-Nage Schwertwurf | 1 | Katate-tori Griff zu einer Hand gekeuzt oder gleiche Seite | 2 | Ryote-tori beide Hände greifen beide Hände | 3 | Katate-Ryote-tori zwei Hände fassen ein Handgelenk | 4 | Mune-tori Griff zum Revers | 5 | Yoko-kubi-shime von der Seite Würgen | 6 | Ushiro-Ryokata-tori von hinten mit beiden Händen an die Schultern | 7 | Ushiro-Kakae-tori von hinten umklammern | 8 | Ushiro-Ryote-tori von hinten Griff zu beiden Händen | 9 | Ushiro-Eri-tori Griff von hinten in den Kragen | 10 | Ushiro-Katate-tori-kubi-shime von hinten Würgen und Griff zu einer Hand | 11 | Ushiro-Kubi-shime Würgen von hinten | 12 | Yokomen-Uchi schräger Schlag von vorne an den Hals | 13 | Shomen-Uchi gerader Schlag von vorne und von oben auf dem Kopf zu | 14 | Shomen-Tsuki gerader Stoß von vorne (Boxen) | 15 | Yoko-Tsuki von der Seite zustechen | | | | | | | | | |
| 2 | Kaiten-Nage Uchi Schleuderwurf innen | 4 | | | | | | | | | | | | | | 4 | | | | | | 4 | 4 | 4 | 4 | | | | | | | | | | | | | | | |
| 3 | Irimi-Nage Kuscheltechnik | 4 | | | | | | | | | | | | | | 3 | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Kaiten-Nage Soto Schleuderwurf aussen | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Aiki-Otoshi Ausheber | | | | | | | | | 2 | 2 | 2 | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Koshi-Nage Hüftwurf | | | | | | | | | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Kote-Gaeshi Handgelenkaußendrehwurf | 1 | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | Koshi-Nage-Hiji-garami Armkreuzdreh-Hüftwurf | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| 9 | Koshi-Nage-Kote-hineri Handdrehhebel-Hüftwurf | 1 | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | Juji-Garami Armkreuzdrehwurf | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | | | | | | | | | | |
| 11 | Tenchi-nage Himmel und Erdwurf | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12 | Sumi-otoshi Eckenkippe | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13 | Kokyu-Nage Atenkräftwurf | 1.D | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | Ude-Kime-Nage | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1 | Ude-osae (Ikkyo) Armstreckhebel-Haltegriff | 5 | 5 | 5 | 5 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2 | Kote-Mawashi (nikkyo) Armdrehhebel-Haltegriff | 3 | 3 | 3 | 3 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | Kote-Hineri (sankyo) Handdrehhebel-Haltegriff | 2 | 2 | 2 | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 4 | Tekubi-osae (yonkyo) Armstreckdrehhebel-Haltegriff | 1 | 1 | 1 | 1 | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | Ude-Nobashi (gokyo) | 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | Ude-Garami | 1.D | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | Ude-Kime-Osae | 1.D | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Katame-Waza Hebeltechniken | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Nage-Waza Wurftechniken | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |