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

| VERTEIDIGUNGSTECHNIKEN | ANGRIFFSARTEN | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Katate-tori | Ryote-tori | Katate-Ryote-tori | Mune-tori | Yoko-kubi-shime | Ushiro-Ryokata-tori | Ushiro-Kakae-tori | Ushiro-Ryote-tori | Ushiro-Eri-tori | Ushiro-Katate-tori-kubi-shime | Ushiro-Kubi-shime | Yokomen-Uchi | Shomen-Uchi | Shomen-Tsuki | Yoko-Tsuki | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 1 Shiho-Nage | 5 | 5 | 5 | 5 | | | | 4 | | | | 4 | | | | Nage-Waza |
| 2 Kaiten-Nage Uchi | 4 | | | | | | | | | | | 4 | 4 | 4 | | |
| 3 Irimi-Nage | 4 | 4 | 4 | | | | | 3 | | | | 3 | 3 | 3 | | |
| 4 Kaiten-Nage Soto | 3 | | | | | | | | | | | | 3 | 3 | | |
| 5 Aiki-Otoshi | | | | | 2 | 2 | 2 | | | | | | | | | |
| 6 Koshi-Nage | | 2 | | 2 | 2 | | | | | 2 | 2 | 2 | 2 | 2 | | |
| 7 Kote-Gaeshi | 1 | 1 | 1 | | | | | 1 | | | | 1 | 1 | 1 | | |
| 8 Koshi-Nage-Hiji-garami | | | | | | | | 1 | | | | | | | | |
| 9 Koshi-Nage-Kote-hineri | 1 | | | | | | | 1 | | | | | | | | |
| 10 Juji-Garami | | | | | | | | 1 | | 1 | | | | | | |
| 11 Tenchi-nage | | 1.D | | | | | | | | | | 1.D | | 1.D | | |
| 12 Sumi-otoshi | 1.D | 1.D | | | | | | | | | | | | | | |
| 13 Kokyu-Nage | | 1.D | 1.D | | | 1.D | 1.D | | | | | 1.D | | | | |
| 14 Ude-Kime-Nage | | | 1.D | | | | | | | | | 1.D | | 1.D | | |
| | | | | | | | | | | | | | | | | |
| 1 Ude-osae (ikkyo) | 5 | 5 | 5 | 5 | | 4 | | 4 | 4 | 4 | | 4 | 4 | 4 | | Katame-Waza |
| 2 Kote-Mawashi (nikiyo) | 3 | 3 | 3 | 3 | | 3 | | 3 | 3 | 3 | | 3 | 3 | 3 | | |
| 3 Kote-Hineri (sankyo) | 2 | 2 | 2 | 2 | | 2 | | 2 | 2 | 2 | | 2 | 2 | 2 | | |
| 4 Tekubi-osae (yonkyo) | 1 | 1 | 1 | 1 | | 1 | | 1 | 1 | 1 | | 1 | 1 | 1 | | |
| 5 Ude-Nobashi (gokyo) | 1 | | | | | | | | | | | 1 | | | | |
| 6 Ude-Garami | 1.D | | | | | | | | | | | | 1.D | | 1.D | |
| 7 Ude-Kime-Osae | 1.D | | | | | | | | | | | 1.D | | 1.D | | |