



Kobukan Dojo

ФЕДЕРАЦИЯ АЙКИДО ЁШИНКАН

Официальное представительство Aikido Yoshinkan Foundation Japan

ПРОГРАММА АТТЕСТАЦИИ • 3 кю

Название техники	ФИО	
01. Kihon Dosa: Renzoku Dosa		
02. Kihon Dosa: Hiriki no Yosei (1)(2) Sotai Dosa		
03. Kihon Dosa: Shumatsu Dosa (1)(2) Sotai Dosa		
04. Zempo Hiyaku Ukemi		
05. Koho Hiyaku Ukemi		
06. Hanmi Handachi Katate Mochi Shiho Nage (1)(2)		
07. Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)		
08. Katate Aya Mochi Nikajo Osae (1)(2)		
09. Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)		
10. Kata Mochi Yonkajo Osae (1)(2)		
11. Shomen Tsuki Shomen Irimi Nage (1)(2)		
12. Shomen Uchi Sokumen Irimi Nage (1)(2)		
13. Shomen Uchi Kotegaeshi (1)(2)		
14. Yokomen Uchi Hiji Shime (1)(2)		
15. Shitei Waza		
16. Suwari Waza Ryote Mochi Kokyu Ho (1)(2)		
17. Shitei Jiyu Waza		

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Shitei Waza • Техника на выбор экзаменатора

Название техники		
Katate Mochi Shiho Nage (1)(2)		
Ryote Mochi Shiho Nage (1)(2)		
Yokomen Uchi Shiho Nage (1)(2)		
* Shomen Uchi Ikkajo Osae (1)(2)		
* Yokomen Uchi Ikkajo Osae (1)(2)		
* Kata Mochi Ikkajo Osae (1)(2)		
Ushiro Waza Ryote Mochi Ikkajo Osae (1)(2)		
* Katate Mochi Nikajo Osae (1)(2)		
* Kata Mochi Nikajo Osae (1)(2)		
* Shomen Uchi Nikajo Osae (1)(2)		
* Shomen Uchi Sankajo Osae (1)(2)		
* Yokomen Uchi Sankajo Osae (1)(2)		
Ushiro Waza Ryote Mochi Sankajo Osae (1)(2)		
* Shomen Uchi Yonkajo Osae (1)(2)		
* Yokomen Uchi Yonkajo Osae (1)(2)		
* Katate Mochi Sokumen Irimi Nage (1)(2)		
* Kata Mochi Sokumen Irimi Nage (1)(2)		
* Shomen Uchi Shomen Irimi Nage (1)(2)		
* Yokomen Uchi Shomen Irimi Nage (1)(2)		
* Shomen Uchi Hiji Shime (1)(2)		
* Yokomen Uchi Hiji Shime (1)(2)		
* Kata Mochi Hiji Shime (1)(2)		
* Mune Mochi Hiji Shime (1)(2)		
* Shomen Uchi Kotegaeshi (1)(2)		
* Yokomen Uchi Kotegaeshi (1)(2)		
* Ryote Mochi Tenchi Nage (1)		
Suwari Waza Ryote Mochi Kokyu Ho (1)(2)		
* Техника может быть выбрана Tachi или Suwari Waza		

Shitei Jiyu Waza • Свободная техника на выбор экзаменатора

Название техники		
Shomen Uchi Jiyu Waza		
Yokomen Uchi Jiyu Waza		
Shomen Tsuki Jiyu Waza		
Katate Mochi Jiyu Waza		
Ryote Mochi Jiyu Waza		