

**Classificaties van aikidotechnieken die als instrument zullen dienen bij de
VTS - kaderopleidingen Initiator en Instructeur B Aikido**

Initiator Aikido:

Dojo etiquette, ukemi waza, tai sabaki, shikko, kokyu ho

Classificatie van de basisaanvallen (cursusstof Modules 2 + 3)

Aihanmi katatedori
Gyakuhanmi katatedori
Ryotedori
Ryokatadori (mae)
Munedori
Katadori
Morotedori (katateryotedori)
Shomenuchi
Katatedori menuchi
Munedori menuchi
Katadori menuchi
Chudan tsuki
Jodan tsuki
Yokomenuchi
Ushiro ryotedori
Ushiro ryokatadori
Ushiro ryohijidori
Ushiro eridori

Classificatie van de verdedigingsvormen (cursusstof Module 2 + 3)

Ikkyo
Nikyo
Sankyo
Uchikaiten sankyo
Yonkyo
Gokyo
Iriminage
Shionage
Udekimenage
Kotegaeshi
Tenchinage
Kokyunage
Koshinage
Uchikaitennage
Sotokaitennage
Hijigimeosae

Combinaties van aanvals- en verdedigingsvormen (Modules 2 + 3)

MAE	AIHANMI KATATE	DORI	>	IKKYO SANKYO IRIMINAGE KOTEGAESHI SHIONAGE
MAE	(suwari waza) KATA	DORI	>	IKKYO NIKYO
MAE	GYAKU HANMI KATATE	DORI	>	IKKYO NIKYO SHIONAGE TENCHINAGE UDEKIMENAGE KOKYUNAGE
MAE	SHOMEN	UCHI	>	IKKYO NIKYO SANKYO IRIMINAGE KOTEGAESHI UCHIKAITENSANKYO
MAE	CHUDAN	TSUKI	>	IRIMINAGE KOTEGAESHI UDEKIMENAGE HIJIKIMEOSAE
MAE	JODAN	TSUKI	>	IKKYO
MAE	YOKOMEN	UCHI	>	IRIMINAGE SHIHONAGE TENCHINAGE KOTEGAESHI UDEKIMENAGE
MAE	RYOTE	DORI	>	SHIONAGE TENCHINAGE UDEKIMENAGE IKKYO
MAE	MOROTE	DORI	>	KOTEGAESHI

Instructeur B Aikido:

Classificatie van de aanvalsvormen (cursusstof)

MAE	AIHANMI KATATE	DORI
MAE	GYAKU HANMI KATATE	DORI
MAE	KATA	DORI
MAE	MUNA	DORI
MAE	RYOTE	DORI
MAE	RYOKATA	DORI
MAE	MOROTE (KATATE RYOTE)	DORI
USHIRO	RYOTE	DORI
USHIRO	RYOHIJI	DORI
USHIRO	RYOKATA	DORI
USHIRO	ERI	DORI
USHIRO	KATATE Dori KUBISHIME	DORI
MAE	SHOMEN	UCHI
MAE	YOKOMEN	UCHI
MAE	MAGERI	
MAE	CHUDAN	TSUKI
MAE	JODAN	TSUKI
MAE	KATADORI MEN	UCHI
BOKKEN	(KIRI TSUKE) SHOMEN	UCHI
BOKKEN	(YOKO GERI) YOKOMEN	UCHI
JO	CHUDAN	TSUKI

Classificatie van de verdedigingsvormen (cursusstof)

IKKYO
NIKYO
SANKYO
UCHIKAITEN SANKYO
YONKYO
GOKYO
IRIMINAGE
SHIONAGE
UDEKIMENAGE
KOTEGAESHI
TENCHINAGE
KOKYUNAGE
KOSHINAGE
UCHIKAITENNAGE
SOTOKAITENNAGE
HIJIGIMEOSAE

Combinaties van de aanvals- en verdedigingsvormen (cursusstof)

MAE	RYOKATA (suwari waza)	DORI	>		IKKYO
MAE	AIHANMI KATATE	DORI	>		IKKYO
USHIRO	KATATE KUBISHIME	DORI	>		IKKYO
MAE	KATADORI MEN	UCHI	>		IKKYO op grijparm
USHIRO	ERI	DORI	>		IKKYO op grijparm
MAE	KATA (suwari waza)	DORI	>		NIKYO
MAE	JODAN	TSUKI	>		NIKYO
MAE	MOROTE	DORI	>		NIKYO
USHIRO	RYOKATA	DORI	>		NIKYO
MAE	(suwari waza) KATA	DORI	>		SANKYO
MAE	SHOMEN	UCHI	>		SANKYO
USHIRO	RYOKATA	DORI	>		SANKYO
MAE	MUNA	DORI	>		UCHIKAITEN SANKYO
MAE	SHOMEN	UCHI	>		UCHIKAITENSANKYO
MAE	(suwari waza) SHOMEN	UCHI	>		YONKYO
MAE	YOKOMEN	UCHI	>		GOKYO
MAE	CHUDAN	TSUKI	>		IRIMINAGE
MAE	SHOMEN	UCHI	>		IRIMINAGE
MAE	MAGERI		>		IRIMINAGE à binnenkant
MAE	RYOTE	DORI	>		IRIMINAGE doorlaten
MAE	YOKOMEN	UCHI	>		SHIHONAGE
MAE	AIHANMI KATATE	DORI	>		SHIHONAGE
MAE	CHUDAN	TSUKI	>		UDEKIMENAGE
MAE	CHUDAN	TSUKI	>		KOTEGAESHI
USHIRO	RYOHIJI	DORI	>		KOTEGAESHI
MAE	RYOTE	DORI	>		TENCHINAGE
MAE	GYAKU HANMI KATATE	DORI	>		KOKYUNAGE
MAE	KATA DORI MEN	UCHI	>		KOSHINAGE op slagarm
MAE	GYAKU HANMI KATATE	DORI	>		UCHIKAITENNAGE
MAE	SHOMEN	UCHI	>		SOTOKAITENNAGE
USHIRO	RYOTE	DORI	>		HIJIGIMEOSAE

BOKKEN (KIRI TSUKE) SHOMEN UCHI
 BOKKEN (YOKO GERI) YOKOMEN UCHI
 JO CHUDAN TSUKI