

## Progression technique – Aïkido Club Meyrin (Genève - CH)

SAISIES ATTAQUES	6 <sup>e</sup> KYU	5 <sup>e</sup> KYU	4 <sup>e</sup> KYU	3 <sup>e</sup> KYU	
AI HANMI KATATE DORI	<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Shiho Nage + -</li> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> <li>▪ Uchi Kaiten Sankyo</li> </ul>				AI HANMI KATATE DORI
SHOMEN UCHI	<ul style="list-style-type: none"> <li>▪ Irimi Nage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Nikyo + -</li> <li>▪ Kote Gaeshi</li> <li><b><u>Suwari Waza</u></b></li> <li>▪ Ikkyo + -</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sankyo + -</li> <li>▪ Uchi Kaiten Sankyo</li> <li><b><u>Suwari Waza</u></b></li> <li>▪ Nikyo + -</li> </ul>	<ul style="list-style-type: none"> <li>▪ Yonkyo + -</li> <li>▪ Gokyo</li> <li><b><u>Suwari Waza</u></b></li> <li>▪ Sankyo + -</li> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> </ul>	SHOMEN UCHI
KATATE DORI		<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Shiho Nage + -</li> <li>▪ Tenchi Nage</li> <li>▪ Ude Kime Nage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nikyo + -</li> <li><b><u>Suwari Waza</u></b></li> <li>▪ Nikyo + -</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sankyo + -</li> <li>▪ Yonkyo + -</li> <li>▪ Uchi Kaiten Nage</li> </ul>	KATATE DORI
KATA DORI		<ul style="list-style-type: none"> <li><b><u>Suwari Waza</u></b></li> <li>▪ Ikkyo + -</li> </ul>		<ul style="list-style-type: none"> <li><b><u>Suwari Waza</u></b></li> <li>▪ Nikkyo + -</li> <li>▪ Sankyo + -</li> </ul>	KATA DORI
CHUDAN TSUKI		<ul style="list-style-type: none"> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ude Kime Nage</li> <li>▪ Hiji Kime Osae</li> </ul>	<ul style="list-style-type: none"> <li>▪ Uchi Kaiten Sankyo</li> <li>▪ Soto Kaiten Nage</li> </ul>	CHUDAN TSUKI
JODAN TSUKI			<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shiho Nage + -</li> <li>▪ Kote Gaeshi</li> </ul>	JODAN TSUKI
RYOTE DORI			<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Shiho Nage + -</li> <li>▪ Tenchi Nage</li> <li>▪ Ude Kime Nage</li> <li><b><u>Suwari Waza</u></b></li> <li>▪ Kokyu Ho</li> </ul>	<ul style="list-style-type: none"> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> <li>▪ Kokyu Ho</li> <li><b><u>Ushiro Waza</u></b></li> <li>▪ Shiho Nage + -</li> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> <li>▪ Hiji Kime Osae</li> </ul>	RYOTE DORI
YOKOMEN UCHI			<ul style="list-style-type: none"> <li>▪ Shiho Nage + -</li> <li>▪ Irimi Nage</li> <li>▪ Kote Gaeshi</li> <li>▪ Tenchi Nage</li> <li>▪ Ude Kime Nage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Uchi Kaiten Sankyo</li> </ul>	YOKOMEN UCHI
KATATE RYOTE DORI			<ul style="list-style-type: none"> <li>▪ Kote Gaeshi</li> </ul>	<ul style="list-style-type: none"> <li>▪ Ikkyo + -</li> <li>▪ Nikyo + -</li> </ul>	KATATE RYOTE DORI

## Progression technique – Aïkido Club Meyrin (Genève - CH)

SAISIES ATTAQUES	2 <sup>e</sup> KYU	1 <sup>er</sup> KYU	
SHOMEN UCHI	<u>Suvari Waza</u> ▪ Yonkyo + - ▪ Soto Kaiten Nage ▪ Jiyuwaza	<u>Suvari Waza</u> ▪ Jiyuwaza	SHOMEN UCHI
KATATE DORI		<u>Hanmi Handachi Waza</u> ▪ Ikkyo + - ▪ Shiho Nage + - ▪ Uchi Kaiten Nage	KATATE DORI
CHUDAN TSUKI	<u>Suvari Waza</u> ▪ Kote Gaeshi	▪ Jiyuwaza	CHUDAN TSUKI
JODAN TSUKI	▪ Nikyo + - ▪ Sankyo + - <u>Suvari Waza</u> ▪ Ikkyo + -	▪ Yonkyo + - ▪ Shiho Nage + - ▪ Irimi Nage ▪ Soto Kaiten Nage ▪ Koshi Nage ▪ Ushiro Kiri Otoshi	JODAN TSUKI
RYOTE DORI		<u>Ushiro Waza</u> ▪ Yonkyo + - ▪ Koshi Nage ▪ Kokyu Nage <u>Hanmi Handachi Waza</u> ▪ Shiho Nage	RYOTE DORI
YOKOMEN UCHI	▪ Nikyo + - ▪ Sankyo + - ▪ Yonkyo ▪ Gokyo ▪ Koshi Nage	▪ Jiyuwaza	YOKOMEN UCHI
KATA DORI MEN UCHI	▪ Ikkyo + - ▪ Shiho Nage ▪ Irimi Nage ▪ Kote Gaeshi ▪ Koshi Nage	▪ Yonkyo + - ▪ Nikyo + - ▪ Sankyo + - ▪ Koshi Nage <u>Suvari Waza</u> ▪ Irimi Nage ▪ Kote Gaeshi ▪ Kokyu Nage	KATA DORI MEN UCHI
MUNE DORI	▪ Ikkyo + - ▪ Uchi Kaiten Sankyo ▪ Shiho Nage		MUNE DORI
RYO KATA DORI	<u>Ushiro Waza</u> ▪ Ikkyo ▪ Nikyo ▪ Sankyo ▪ Irimi Nage ▪ Kote Gaeshi <u>Suvari Waza</u> ▪ Ikkyo + -	<u>Suvari Waza</u> ▪ Sankyo + - ▪ Yonkyo + -	RYOKATA DORI
ERI DORI	<u>Ushiro Waza</u> ▪ Ikkyo	<u>Ushiro Waza</u> ▪ Nikyo + - ▪ Sankyo + - ▪ Irimi Nage	ERI DORI
KATATE DORI KUBISHIME	<u>Ushiro Waza</u> ▪ Ikkyo	<u>Ushiro Waza</u> ▪ Nikyo ▪ Sankyo	KATATE DORI KUBISHIME
RYO HIJI DORI	<u>Ushiro Waza</u> ▪ Irimi Nage ▪ Kote Gaeshi		RYO HIJI DORI
MAE GERI	▪ Irimi Nage	▪ Jiyuwaza	MAE GERI